

Department of Recreation and Parks



# Recreation Guide

Spring 2015

Preschool

Children

Teens

Adults

Seniors

See Page 2  
For Spring  
registration dates

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation) • 240-314-8620

# What's Inside

## Choose Your Fun!

TOTS/PRESCHOOL .....	3-7
CHILDREN .....	9-17
SUMMER PLAYGROUNDS .....	18-21
CROYDON CREEK NATURE CENTER.....	22-24
TEENS .....	26-28
ADULTS .....	29-40
SENIORS.....	41-59
AQUATICS .....	60-68
CULTURAL ARTS.....	69-72



## What's Happening in Rockville?

Have a list of Rockville's weekly events delivered to your email, every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

*Sign up today and look to the week ahead.*

[www.rockvillemd.gov/thisweek](http://www.rockvillemd.gov/thisweek)

## GENERAL INFORMATION

Emergency/Weather Policy.....	76
Financial Assistance .....	73
Frequently Used Parks/Facilities .....	74
Individuals with Disabilities .....	75
Parties and Rentals .....	8
Registration Info. and Forms .....	77-79
Recreation and Parks Foundation .....	75
Skate Park.....	11

Spring registration begins March 17

Senior and Swim Member programs  
registration begins March 12

Playground Registration begins April 1

## Rockville Earns National Recognition for Healthy Initiatives

**Let's Move!** - Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

**Playful City USA** - The City was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.



Summer is right around the corner. Games, sports and crafts will be ready when you register for the Summer Playgrounds program. See your old friends again and meet new ones as you make summer memories together.



# Tots/Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

## Arts, Dance and Enrichment

### Abakadoodle Twoosy Doodlers

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with paints, glue, printing and creating while developing fine motor, language and self-help skills. Each session has new activities. Note: \$24 non-refundable material fee due to instructor at first class.

Age: 20-36 months

50298 W 4/15-6/3 10-10:45 AM \$120/\$130  
Twinbrook CRC/Abakadoodle Staff

51150 Th 4/16-6/4 10:15-11 AM \$120/\$130  
Thomas Farm CC/Abakadoodle Staff

### Act It Out!

Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. The actors will present their favorite story the last day of class.

Age: 4-6

50299 Sa 4/18-6/13 10:30-11:15 AM \$105/\$115  
Thomas Farm CC/CARE Actor Staff

### Crafty Tots (Adult/Child) *New*

Get creative using a variety of materials which may include paper mache, paints, and clay. Note: \$12 material fee payable to instructor at first class.

Age: 2-4

50763 M 4/13-5/4 1:15-2 PM \$59/\$69  
Twinbrook CRC/Taylor

### Little Stars!



Introduce your little ones to the wonderful world of arts education in this theater class. These young minds will exercise their creativity and imaginations through music, movement, story time, acting games and art. Each week they will have a mini-art project to take home that relates to the class theme. Note: \$20 materials fee is due at first class.

Age: 2-3

50330 Sa 4/18-6/13 9:30-10:15 AM \$105/\$115  
Thomas Farm CC/CARE Actor Staff

### Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$120. Siblings under 8 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required.

Age: 1 month-5 years

50332 W 4/1-6/10 9:30-10:15 AM \$189/\$210  
50333 W 4/1-6/10 10:30-11:15 AM \$189/\$210

Thomas Farm CC/Liddle

50334 Th 4/2-6/11 9:30-10:15 AM \$189/\$210  
50335 Th 4/2-6/11 10:30-11:15 AM \$189/\$210

Elwood Smith RC/Winkler

50336 F 4/3-6/12 10-10:45 AM \$189/\$210  
50337 F 4/3-6/12 11-11:45 AM \$189/\$210

Kicks Karate/Winkler

#### KEY:

**Fee** = Rockville resident/non-resident



= Healthy programs for youth

Follow us on  
**Twitter and Instagram**  
**@rockvillerec**

# Tots/Preschool



## Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet bars are provided at Rockcrest Ballet Center.

Age: 3-4				
50344	Sa	4/18-5/23	10-10:45 AM	\$69/\$75
Twinbrook CRC/Simpson				
Age: 3-4				
50347	Sa	4/18-5/23	10:15-11 AM	\$69/\$75
Rockcrest Ballet Ctr./Chongpinitchai				
Age: 3-4				
50348	Sa	4/18-5/23	11-11:30 AM	\$59/\$64
Thomas Farm CC/Kwong				
Age: 3-4				
50349	Sa	4/18-5/23	11:45 AM-12:15 PM	\$59/\$64
Thomas Farm CC/Kwong				
Age: 4-5				
50345	Sa	4/18-5/23	11-11:45 AM	\$69/\$75
Twinbrook CRC/Simpson				
Age: 4-5				
50346	Sa	4/18-5/23	10-10:45 AM	\$59/\$64
Thomas Farm CC/Kwong				

## Pre-Ballet Dansez Dansez!



Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required.

Age: 2-3				
50350	Th	4/16-6/4	4-4:30 PM	\$95/\$110
Age: 4-6				
50351	Th	4/16-6/4	4:30-5:15 PM	\$95/\$110
Thomas Farm CC/Philippe				

## Tiny Tot Springtime Festival



Preschool children and their parents are invited to join us for a spring time celebration! The fun includes play equipment in the gym, crafts, games and a light snack. Note: \$2 fee per child and a fee for non-member adults.

Age: 1-4				
50376	Tu	4/14	10-Noon	\$6/\$8
Thomas Farm CC				

## Young at Art *New*

Spend an afternoon creating with your Grandparent! Do you look at the world in the same way? Begin by working together on art activities to find out! For the final project, you will each create a canvas working from the same subject. Paint, watercolor paper and stretched canvas will be used. The results will be intriguing as each of you brings different experiences to your creations! Come see! Fee includes registration and supplies for grandparent and one child.

Age: 5-10				
50369	Sa	5/9	1-3 PM	\$35/\$40
Rockville Sr. Ctr./Abrakadoodle				

A resource for children's activities,  
classes and sports in Montgomery County

CLIMB  
ABOARD  
THE ROCKET



activityrocket.com

Search. Share. Simple.



## Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



### Funfit Tots (Adult/Child)



Enjoy non-stop fun with active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills, socialization and reinforce cognitive learning. All abilities welcome.

Age: 1-2

50409 M 4/13-6/8 9:30-10:15 AM \$96/\$110  
Twinbrook CRC/Funfit Staff

50410 Tu 4/14-6/2 9:30-10:15 AM \$96/\$110  
Lincoln Park CC/Funfit Staff

50411 F 4/17-6/5 10:15-11 AM \$96/\$110  
Thomas Farm CC/Funfit Staff

Age: 2-3

50412 M 4/13-6/8 10:15-11 AM \$96/\$110  
Twinbrook CRC/Funfit Staff

50413 Tu 4/14-6/2 10:15-11 AM \$96/\$110  
Lincoln Park CC/Funfit Staff

50701 F 4/17-6/5 11-11:45 AM \$96/\$110  
Thomas Farm CC/Funfit Staff

### Kung Fu Cubs



Learn a variety of martial art moves through fun activities that will help improve focus, coordination and physical fitness.

Age: 3-4

50702 F 4/17-6/5 5-5:45 PM \$69/\$79  
Thomas Farm CC/Thompson

## Tots/Preschool

### Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students.

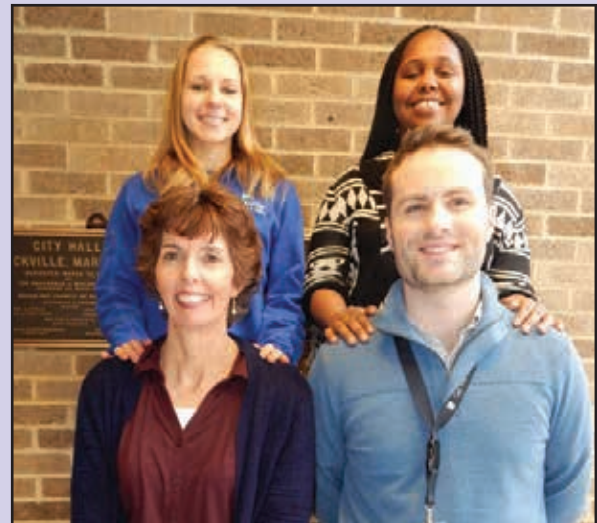
Age: 3-4

50489 M & W 4/20-5/20 6-6:30 PM \$99/\$109

50490 Tu & Th 4/21-5/21 4-4:30 PM \$99/\$109

Kicks Karate/Staff

## Meet our Playgrounds Team



Top row: Alice Nikitina, Nia Smith  
Bottom row: Janet Opar, Duncan Mullis

Come out and play with us at Summer Playgrounds! A wide variety of activities as well as basic summer fun are offered right in your neighborhood! There is something for everyone from an Adventure Park trip to tennis and extended day programs. Meet our caring and experienced staff and enjoy some fun in the sun.

# Tots/Preschool

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Coach Doug Soccer



Kick off your child's soccer experience the Coach Doug way. Learn fundamental soccer skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self-confidence. No adult participation required.

Age: 3-6  
51008 Su 4/19-6/14 11-11:45 AM \$79/\$89  
Thomas Farm CC/Wilson

### Little Tennis Aces (Adult/Child)



Play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Equipment is provided. Adult participation required.

Age: 4-5  
50430 Sa 4/18-5/30 4-4:45 PM \$69/\$79

Age: 5-6  
50429 Su 4/19-5/31 9-9:45 AM \$69/\$79  
King Farm Park/Z. Yargici

### Shorty Sports



Enjoy learning the fundamentals of sports through games and a variety of instructional drills. Develop throwing, catching, kicking and batting skills through sports such as soccer, t-ball and basketball. Wear sneakers.

Age: 4-6  
50452 Th 4/16-5/21 4:30-5:20 PM \$69/\$79  
50453 Th 4/16-5/21 5:30-6:20 PM \$69/\$79  
King Farm Park/Thomas

## WAITING LIST...

*If your desired class is filled, you will be notified and placed on a waiting list.*



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

### Tiny Tykes Basketball



Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized.

Age: 4-5  
50491 Sa 4/18-6/6 11-11:45 AM \$69/\$79  
Thomas Farm CC/Rose

51098 Sa 4/25-6/6 10-10:45 AM \$69/\$79  
Twinbrook CRC/Webb

### UK Elite - Petite Soccer



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment.

Age: 3-5  
50497 W 4/22-5/27 4-5 PM \$105/\$119  
50498 W 4/22-5/27 5-6 PM \$105/\$119  
King Farm Park/UK Elite Staff

### UK Elite Petite Soccer (Adult/Child)



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. Adult participation required.

Age: 2-3  
50499 W 4/22-5/27 4-5 PM \$105/\$119  
50500 W 4/22-5/27 5-6 PM \$105/\$119  
King Farm Park/UK Elite Staff

### Wee Wanna Be (Adult/Child)



Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports change each season. Adult participation required.

Age: 2-5  
50503 Su 4/19-6/14 10:15-11 AM \$79/\$89  
Thomas Farm CC/Wilson

## Time for Toddlers



playtime

### Mommy and Me

**Mondays, 10 a.m. - Noon**

Twinbrook Community Recreation Center  
240-314-8830

### Tiny Tots Drop-In

**Tuesdays, 10 a.m. - Noon**

Springtime Festival, April 14  
Thomas Farm Community Center  
240-314-8840

### Toddler Time

**Wednesdays, 10 a.m. - Noon**

Lincoln Park Community Center  
240-314-8780

### Nature Tots

**Select Thursdays, 10-11:30 a.m.**

(Pre-registration required)

Croydon Creek Nature Center  
240-314-8770

## Tots/Preschool



### Open House Montrose Discovery Preschool

451 Congressional Lane

**Thursday, March 26**

**5:30-7:30 p.m. • Ages 3-5**

Bring your child for a tour of our wonderful preschool.

Meet our experienced teachers and have all of your questions answered in person!

Registration forms will be available.

## ROCK YOUR SUMMER! at City of Rockville's

### 2015 Summer Camps

Camps open to all Metro area families

- Over 65 camps  
June 15-Aug. 21
- Before and after care;  
transportation
- One and multi-week options
- Open to ages 3-16
- Registration Open
- Early bird discount Jan. 20-April 8



**Pick up a Guide at any of these City facilities:**

City Hall • Croydon Creek Nature Ctr.,  
Thomas Farm Com. Ctr. • Rockville Swim and Fitness Ctr.  
Twinbrook Com. Rec. Ctr. • Lincoln Park Com. Ctr.

**Also available at:**

Rockville Library • Twinbrook Library  
or view on line at: [www.rockvillemd.gov/camps](http://www.rockvillemd.gov/camps)

**240-314-8620**

Follow us on Twitter @rockvillerec



# Party Time!

## Theme Parties

### **Croydon Creek Nature Center**

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)  
240-314-8770

## Gymnasiums

### **Lincoln Park Community Center**

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc)  
240-314-8780

### **Thomas Farm Community Center**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)  
240-314-8840

### **Twinbrook Community Recreation Center**

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook)  
240-314-8830

## Outdoor Rentals (as of April)

### **Lincoln Park Community Center**

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc)  
240-314-8780

### **Thomas Farm Community Center**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)  
240-314-8840

### **Rockville Park Picnic Areas**

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
240-314-8660

## Multi-Purpose Rooms

### **Croydon Creek Nature Center**

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)  
240-314-8770

### **Elwood Smith Recreation Center**

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
240-314-8660

### **Glenview Mansion and Fitzgerald Theatre Social Hall**

[www.rockvillemd.gov/glenview](http://www.rockvillemd.gov/glenview)  
240-314-8660

### **Lincoln Park Community Center**

[www.rockvillemd.gov/lpcc](http://www.rockvillemd.gov/lpcc)  
240-314-8780

### **Pump House Community Center**

[www.rockvillemd.gov/parks-facilities](http://www.rockvillemd.gov/parks-facilities)  
240-314-8660

### **Rockville Senior Center**

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
240-314-8800

### **Rockville Swim and Fitness Center**

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
240-314-8750

### **Thomas Farm Community Center**

[www.rockvillemd.gov/thomasfarm](http://www.rockvillemd.gov/thomasfarm)  
240-314-8840

### **Twinbrook Community Recreation Center**

[www.rockvillemd.gov/twinbrook](http://www.rockvillemd.gov/twinbrook)  
240-314-8830

# Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>.**  
**Enter course number to view course details.**

## Arts, Dance and Enrichment

### Ballet for Children

Learn the art of ballet through an elementary but professional approach. Register for the appropriate level but it may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. Participants may register for Annual Student Ballet performance activity #49538. For no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

#### Beginner - Age: 5-13

50311 F 4/17-5/29 3:45-4:45 PM \$77/\$87  
 Rockcrest Ballet Ctr./Simpson

#### Beginner - Age: 5-13

50308 M 4/13-5/18 3:45-4:45 PM \$69/\$79  
 Rockcrest Ballet Ctr./Simpson

#### Young Beginner - Age: 5-7

50316 Tu 4/14-5/26 5:15-6:15 PM \$77/\$87  
 Twinbrook CRC/Chongpinitchai

#### Young Beginner - Age: 5-7

50315 Sa 4/18-5/23 9-10 AM \$55/\$62  
 Thomas Farm CC/Kwong

#### Beginner Plus - Age: 6-12

50313 F 4/17-5/29 5:45-6:45 PM \$77/\$87  
 Rockcrest Ballet Ctr./Simpson

#### Intermediate I - Age: 7+

50312 F 4/17-5/29 4:45-5:45 PM \$77/\$87  
 Rockcrest Ballet Ctr./Simpson

#### Intermediate II - Age: 7+

50306 Tu 4/14-5/26 4:15-5:15 PM \$77/\$87  
 Rockcrest Ballet Ctr./Mangan

#### Intermediate III & IV - Age: 7+

50309 W 4/15-5/27 4:45-5:45 PM \$77/\$87  
 Rockcrest Ballet Ctr./Mangan

#### Intermediate III & IV Pointe Prep - Age: 10-14

50305 M 4/13-5/18 4:45-5:45 PM \$69/\$79  
 Rockcrest Ballet Ctr./Mangan



## DANCE IN THE ANNUAL *Student Performance*

Children and teens participating in ballet classes are eligible to register for the Annual Student Performance. (Pre-Ballet registrants not included.) Fee includes admission for family and friends. Separate costume fee due in March.

49538 Sa 5/30 12:30 PM \$30  
 F. Scott Fitzgerald Theater

## Children

### **Abrakadoodle - Draw It! Paint!** *New*

Go from simple drawing to bold painting. Everyone can draw. Learn some EZ techniques and the possibilities are endless. American artist Saul Steinberg and his creative use of dots and lines will be reviewed. Apply paint to your new designs and create abstract shapes, colorful fanciful trees or self-portraits. See where you can go with your imagination! A \$48 material fee is due to the instructor at first class.

Age: 6-12

50297 Sa 4/18-6/6 10-11 AM

\$89/\$95

Twinbrook CRC/Abrakadoodle



### **Breakfast with the Bunny (Adult/Child)**

The Bunny is making a special trip to Thomas Farm Community Center. Activities include crafts, egg hunt, puppet show, games and an opportunity to pose with the Bunny. Continental breakfast served. Bring your camera. Fee applies to each person attending. Preregistration required for breakfast. Note: \$5 at door for entertainment and egg hunt.

Age: 2+

49105 Sa 3/21 10:30 AM-12:30 PM \$10/\$12

Thomas Farm CC

# visarts

AT ROCKVILLE

## Kids Create! Spring Camp Day:

8:30 a.m. - 5:00 p.m.

**\$100 per day**

Let's get creative this spring break! Day long camps featuring spring themed crafts. Registration now open, early registration discounts available online!



### Spring Break Camp Dates:

Fri., April 3rd

Mon., April 6th

Tues., April 7th

Wed., April 8th

Thurs., April 9th

Fri., April 10th

**Registration now open!**

**Sign up online at**

**[www.VisArtsAtRockville.org](http://www.VisArtsAtRockville.org)**



# Children

## Hip-Hop Dansez! Dansez!



Keep movin' and havin' fun! Learn basic hip-hop choreography with a low impact workout with easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers.

Age: 5-8

50327	Th	4/16-5/7	5:20-6 PM	\$45/\$52
50328	Th	5/14-6/4	5:20-6 PM	\$45/\$52

Thomas Farm CC/Philippe

## Royal Tea Party (Adult/Child)

Princesses and their royal families are invited to our annual Royal Tea Party. Dress in your fanciest princess attire. Royal games and activities will fill the afternoon. Fee applies to each person attending. Children must come with an adult family member or friend.

Age: 2+

50374	Sa	5/2	2-4 PM	\$10/\$12
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Thomas Farm CC

## Tapping Toes *New*



Have you always wanted to tap? Here is your chance. Join us for a tapping good time! Note: Tap shoes required. Wear comfortable clothes.

Age: 7-14

50717	W	4/15-5/20	5:30-6:15 PM	\$59/\$65
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Twinbrook CRC/DeLuca

## Come Skate at the Rockville **FREE**

# Skate Park

featuring:

Micro Ramp with  
Escalator and Pyramid

355 Martins Lane  
(behind Swim and  
Fitness Center)



**Hours: 9 a.m. - 10 p.m. • 7 Days a Week**  
**Park has Lights • 240-314-8620**  
**www.rockvillemd.gov/skatepark**

## Before and After School Enrichment

### Early Birds



This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

50019	M-F	2/16-3/30	7-9 AM	\$115/\$125
51011	M-F	3/23-5/1	7-9 AM	\$115/\$125
51012	M-F	5/4-6/12	7-9 AM	\$115/\$125

Twinbrook CRC Annex

### After School Adventure



This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11

50011	M-F	2/16-3/20	3-6:30 PM	\$135/\$155
51016	M-F	3/23-5/1	3-6:30 PM	\$135/\$155
51017	M-F	5/4-6/11	3-6:30 PM	\$135/\$155

Twinbrook CRC Annex

### Clubhouse



This drop-in, afterschool program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. "Let's Move" Fitness days are incorporated in the program twice each week. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m. Extra charges will apply for late pick-ups.

Grade: K-5

49835	M-F	2/16-3/20	3:30-6:30 PM	\$95/\$135
49836	M-F	3/23-5/1	3:30-6:30 PM	\$95/\$135
49837	M-F	5/4-6/12	3:30-6:30 PM	\$95/\$135

Lincoln Park CC/Chase

# Children

## Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents. Call 240-314-8620 for additional scholarship information.

Age: 5-13

49854	M-F	2/16-3/20	3:30-6:30 PM	\$139/\$159
49855	M-F	3/23-5/1	3:30-6:30 PM	\$139/\$159
50081	M-F	5/4-6/12	3:30-6:30 PM	\$139/\$159

Twinbrook ES

## Fitness and Wellness

**We recommend bringing a water bottle to all fitness programs.**



## Karate - Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students.

Age: 5-7

### Little Ninjas

50421	M & W	4/20-5/20	4-4:40 PM	\$99/\$109
50422	Tu & Th	4/21-5/21	5:55-6:35 PM	\$99/\$109

Age: 8-12

### Youth

50423	M & W	4/20-5/20	(M) 3:45-4:30 PM (W) 4:30-5:15 PM	\$109/\$119
50424	Tu & Th	4/21-5/21	6:30-7:15 PM	\$109/\$119

Kicks Karate/Staff

## Kids Fit Yoga



Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

50963	Sa	4/25-6/13	10:15-11 AM	\$86/\$99
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Rockville Swim and Fitness Center/Groman

## Kung Fu Tigers



Join us for fun, fitness and self-defense as you learn a variety of Kung Fu moves that will improve your coordination, physical fitness and stamina.

Age: 5-10

50703	M	4/13-6/8	6-7 PM	\$69/\$79
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Elwood Smith RC/Thompson

## Martial Arts (Soo Bahk Do)



Learn self-defense and conflict prevention by using traditional Korean martial arts techniques. This type of martial art is suitable for all ages and emphasizes discipline and respect. Master instructors with over 30 years of experience will teach proven self-defense skills.

Age: 7+

50431	M	4/13	7-8 PM	Free Demo
50432	M	4/20-6/8	7-8 PM	\$49/\$56

Twinbrook CRC/Kea



## Mini Cheer



Learn basic cheerleading skills including motions, formations, chants and cheers with simple stunts and dance. Skills build self-esteem, coordination and team work.

Age: 6-10

50436	W	4/15-5/27	5-6 PM	\$69/\$79
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Thomas Farm CC/Zagami

50437	Th	4/23-6/4	4:30-5:30 PM	\$69/\$79
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Twinbrook CRC/Zagami

# Children



## Parent/Child Fitness *New*



With a focus on functional movement, this class for parent and child will use games to work on strength drills alternated with cardio intervals for a total body blast. This class is great exercise and you'll feel the emotional benefits of bonding with your child while working out together.

Age: 5+  
51044 W 4/22-6/10 4:30-5:30 PM \$64/\$75  
Rockville Swim and Fitness Center/Main

## PE for Homeschoolers



Aimed at helping parents meet physical education requirements for their home-schooled children, this class will focus on the basic fundamentals of different physical activities and sports. Monday's class will focus on team sports while Friday's class will hone in on balance, strength, agility and flexibility.

Age: 5-15  
50967 M 4/20-6/8 1:30-2:30 PM \$56/\$65  
50968 F 4/24-6/12 1:30-2:30 PM \$64/\$74  
Rockville Swim and Fitness Center/Serrano Gonzalez/Main

## Taekwondo for Kids *New*



This class combines martial arts and fun activities that will help your child learn self-defense, improve their confidence and self-discipline. We will cover basic kicks, blocks, strikes and self-defense techniques for a great workout. Taught by a World Taekwondo Federation certified 3rd degree Black Belt.

Age: 6-11  
51041 Su 4/26-6/14 2-3 PM \$70/\$81  
Rockville Swim and Fitness Center/Fumagalli

## Tumbling and Tramp



Students will learn a variety of tumbling skills from forward rolls to back handsprings and will progress to more difficult moves as skills are mastered. Trampoline skill, including proper jumping and landing, seat drops and straddle and tuck jump, will also be taught.

Age: 4-6  
50495 F 4/24-5/29 4:30-5:30 PM \$69/\$79

Age: 7-12  
50496 F 4/24-5/29 6-7 PM \$69/\$79  
Xtreme Acro and Cheer/Staff

## Zumba Fit-Kids



Zumba Fit is a fun and effective cardio dance workout that includes exercises designed to strengthen the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12  
50994 Sa 4/25-6/13 12-12:45 PM \$56/\$65  
Rockville Swim and Fitness Center/McManaman

## School Break Programs

### Spring Break Mini Camps



Children in Kindergarten through fifth grade will enjoy supervised programs and participate in crafts, organized games, sports and adventure. Mini-Camp also includes different day trips. Programs may vary slightly by location. Participants should bring a lunch each day and wear comfortable clothes and sneakers.

Age: 5-11  
50377 M-F 4/6-4/10 9 AM-3 PM \$140/\$150  
Thomas Farm CC

51019 M-F 4/6-4/10 9 AM-3 PM \$140/\$150  
Twinbrook CRC Annex

51021 M-F 4/6-4/10 9 AM-3 PM \$140/\$150  
Lincoln Park CC



# Children

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Basketball Skills - Co-Ed



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 6-8

**Beginner**

51099 Sa 4/25-6/6 11-11:50 AM \$69/\$79  
Twinbrook CRC/Webb

Age: 9-11

**Beginner**

50393 Th 4/16-6/4 4-4:50 PM \$69/\$79

Age: 12-15

**Advanced**

50394 Th 4/16-6/4 5-5:50 PM \$69/\$79  
Thomas Farm CC/Jordan

### Fencing - Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided; however, participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

50402 Th 4/16-6/11 6-7 PM \$128/\$151  
50403 Sa 4/18-6/20 11 AM-12 PM \$128/\$151  
50580 Su 4/19-6/21 9-10 AM \$128/\$151

Age: 10-13

50404 Th 4/16-6/11 7:20-8:40 PM \$128/\$151  
50405 Sa 4/18-6/20 12:20-1:40 PM \$128/\$151  
50581 Su 4/19-6/21 4-5:20 PM \$128/\$151

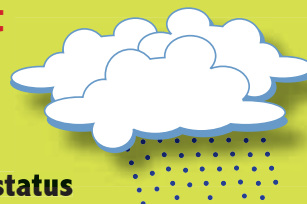
Rockville Fencing Academy/Staff



**Worried about the weather?**

Call the Rec Line at  
**240-314-5023.**

**Select #1 for class status**



### Lacrosse for Girls



Beginner to intermediate skills and offensive/defensive strategies will be taught. Participants are divided into groups based on age and skill level. Bring a woman's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (2 or more) and \$10 off for each member of a team (5 or more). To receive a discount, register by mail, fax or walk-in.

Grade: K-4

50426 Su 4/19-5/10 12-1:30 PM \$75/\$88

Grade: 5-8

50427 Su 4/19-5/10 12-1:30 PM \$75/\$88  
Welsh Park/McCormick

### Skateboarding for Kids



Interested in skateboarding? Whether you are a first-time rider or a pro, this class will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! Bring skateboard, helmet, knee and elbow pads and wrist guards. All levels welcome.

Age: 5-14

50454 Sa 4/25-6/6 11 AM-12 PM \$69/\$79  
Rockville Skate Park/Verdell

# Children

## Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-5

50455 Sa 4/18-5/30 9-9:50 AM \$69/\$79  
King Farm Park/Thomas

Age: 5-6

50458 Tu 4/21-5/26 4:30-5:20 PM \$69/\$79  
Montrose CC & Park/Ramirez

Age: 6-7

50456 Sa 4/18-5/30 10-10:50 AM \$69/\$79  
King Farm Park/Thomas

Age: 7-9

50457 Sa 4/18-5/30 11-11:50 AM \$69/\$79  
King Farm Park/Thomas

50459 Tu 4/21-5/26 5:30-6:20 PM \$69/\$79  
Montrose CC & Park/Ramirez

## T-Ball Skills - Beginner



Have your kids experience what it's like to be on a team through game-like play! Coach Mark teaches the fundamentals of baseball and gives one-on-one attention to help kids learn this great game. Bring a mitt to this fun and active class!

Age: 5-7

50461 Sa 4/18-5/30 10-10:50 AM \$69/\$79  
50462 Sa 4/18-5/30 11-11:50 AM \$69/\$79  
King Farm Park/Orrell



## Tennis - 10 and Under



Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis more easily and quickly in a child-friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided.

Age: 5-7

50463 Sa 4/18-5/30 9-9:50 AM \$69/\$79  
King Farm Park/Gough

Age: 6-8

50465 Sa 4/18-5/30 3-3:50 PM \$69/\$79  
50466 Su 4/19-5/31 10-10:50 AM \$69/\$79  
King Farm Park/Z. Yargici

Age: 7-10

50464 Sa 4/18-5/30 10-10:50 AM \$69/\$79  
King Farm Park/Gough

Age: 8-10

50469 Sa 4/11 4-4:50 PM Free Demo  
51033 Sa 4/18-5/30 4-4:50 PM \$69/\$79  
Broome Athletic Park/Raaf

**When you're in Rockville,  
you're in the:**

**Respect for yourself.  
Respect for others.  
Responsibility for your actions.**



City of Rockville Department of Recreation and Parks  
www.rockvillemd.gov/Rzone

# Children

**Worried about the weather?**

**Call the Sports League Line  
at 240-314-5055.**

## Tennis Skills



Lessons will emphasize fundamentals that include grips, preparation and swing path. Using game improvement balls to enhance learning tennis more easily and quickly, players will participate in a variety of skill development drills and games. Junior racquets are available or bring a racquet.

Age: 5-7

50481 Th 4/16-5/21 5-5:50 PM \$69/\$79  
Montrose CC & Park/Z. Yargici

50484 W 4/15-5/20 4-4:50 PM \$69/\$79

50488 Sa 4/18-5/30 3-3:50 PM \$69/\$79  
Broome Athletic Park/Raaf

Age: 7-9

51031 F 4/17-5/22 4-4:50 PM \$69/\$79  
Thomas Farm CC/M. Yargici

Age: 8-10

50483 Th 4/16-5/21 6-6:50 PM \$69/\$79  
Montrose CC & Park/Z. Yargici

Age: 9-12

50482 Sa 4/18-5/30 11-11:50 AM \$69/\$79  
King Farm Park/Gough

Age: 10-12

51032 F 4/17-5/22 5-5:50 PM \$69/\$79  
Thomas Farm CC/M. Yargici

Age: 10-14

50486 Tu 4/14-5/19 4:30-5:20 PM \$69/\$79  
King Farm Park/Gough

Age: 11-15

50485 W 4/15-5/20 5-5:50 PM \$69/\$79  
Broome Athletic Park/Raaf

## UK Elite Soccer - Brazilian Theme



Improve fundamental techniques, skills and all aspects of your game using Brazilian-style tactics of soccer. Wear shin guards. Cleats are recommended.

Age: 7-10

50501 W 4/22-5/27 6-7 PM \$105/\$119  
King Farm Park/UK Elite Staff

## UK Elite Soccer - Technical



Focusing on the individual, this class will teach techniques and skills. A typical hour will include games, structured practices and scrimmages. Our professional coaches will ensure players improve their game and have a memorable experience. Wear shin guards. Cleats are recommended.

Age: 5-6

50502 W 4/22-5/27 6-7 PM \$105/\$119  
King Farm Park/UK Elite Staff

## Tennis Tournament 10 & 12 and Under



Everyone's a winner with our Youth Tennis Tournament! Emphasizes skill development in a fun, non-competitive tournament, which is sanctioned by the United States Tennis Association. Participants will have a smashing time using kid-sized court, nets, racquets, and low compression balls.

Age: 9-10

50576 Sa 6/6 11-5 PM \$28/\$33  
TBA

Age: 11-12

50575 Sa 6/13 8-5 PM \$33/\$38  
TBA





## Children

### Everyone's a Winner!

### Youth Tennis Tournament USTA Sanctioned

**Emphasizing skill  
development in a fun,  
non-competitive setting.**

**10 and Under**

**Saturday, June 6, 11 a.m.-5 p.m.**

Kid-sized courts, nets, rackets and low  
compression balls.

**City of Rockville Tennis Courts**

**Ages: 8-10**

**\$28R; \$33NR Course # 50576**

**12 and Under**

**Saturday, June 13, 8 a.m.-5 p.m.**

**City of Rockville Tennis Courts**

**Ages: 11-12**

**\$33R; \$38NR Course # 50575**

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)



### YOUTH SPRING SPORTS

Leagues Now Forming • Space is limited

#### **T-Ball Minors**

Age: 4-6

#49643

#### **Baseball Co-Rec Coach Pitch**

Age: 7-9

#49639

#### **Co-Rec Soccer**

Grade: Pre-K

#49640

Grade: K-1

#49642

Grade: 2-3

#49641

#### **Track and Field**

Born: 07-09

#50029

Born: 05-06

#50030

Born: 03-04

#50028

Born: 01-02

#50031

#### **For more information:**

Email [sports@rockvillemd.gov](mailto:sports@rockvillemd.gov)

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)

**240-314-8620**



### THEME PARK TICKETS

**On Sale**

**Early April**

Parks, prices and  
information to be  
announced soon ...



June 22 to July 30

# Summer Playgrounds

Fun for Everyone

## 1 Sign-up for a SUMMER PLAYGROUND SITE

Enjoy an action packed summer with sports and games, arts and crafts, nature, fitness and other exciting activities. Weekly themes accent the fun as children are “Moving and Groovin,” becoming “Creative Campers,” and participating in “Sports Extravaganzas.” Children must be age 6 by September 1, 2015 (proof required). Online registration is accepted until the first day of the program. Receive a 10% discount for sibling registrations (not available online). Financial assistance is available for those who qualify. Note: Playgrounds will not be held on Friday, July 3. For more information, call 240-314-8620 or visit our website at: [www.rockvillemd.gov/summerplaygrounds](http://www.rockvillemd.gov/summerplaygrounds). Note: Playground site locations are based on facility availability. Registration begins on April 1.

## 2 Register for PLAYGROUND EXTRAS

Extra activities are available to enhance your Summer Playground experience. These optional activities are listed below and require advance registration and additional fees. Note: Children must first be registered for their Summer Playground in order to sign up for a Playground Extra.

**Extended Play:** Extended Playground hours from 8-9:30 a.m. and 3:30-6 p.m. has been expanded to two sites this summer: Elwood Smith Recreation Center and Twinbrook Elementary School. Kids enjoy an afternoon snack, crafts, games and other creative activities. Extended Play option is only available for participants registered for Summer Playgrounds at the two locations listed above.

**Field Trips:** (All trips include staff supervision and bus transportation.)

**Adventure Park:** Buses will pick up children at the Glenview Mansion parking lot at 9 a.m. and return them to the same location at 3:30 p.m.

**Monster Mini Golf (indoors): New!** Trip includes 2 hours of unlimited mini golf.

**Swim:** Cool off with a recreational swim at the Rockville Swim and Fitness Center.

**Tennis Aces:** Kids learn how to play tennis using “kid friendly” racquets, balls and nets at their playground site or nearby tennis courts.

See page 19 - 21 for more details on all of these programs

## 3 GO to your SUMMER PLAYGROUND SITE on June 22

Meet our wonderful staff and get ready for fun!

**Reminder – Bring completed Participant Information and Release Form on first day.**

# Summer Playgrounds



## BEALL ELEMENTARY SCHOOL

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50504	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50535	TH	7/2-7/23	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Tennis Aces	50555	TU	6/30-7/28	11:30-12:20 p.m.	\$25 R/\$30 NR	6-12
Mini Golf	50530	F	7/24	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50515	W	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12

## CALVIN PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50508	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50539	TU	7/7-7/28	10 a.m.-Noon.	\$20 R/\$25 NR	6-12
Tennis Aces	50546	M	6/29-7/27	11:30 -12:20 p.m.	\$25 R/\$30 NR	6-12
Mini Golf	50531	F	7/17	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50514	W	7/15	9 a.m. -3:30 p.m.	\$35 R & NR	6-12

## ELWOOD SMITH RECREATION CENTER

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50505	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50536	TH	7/2-7/23	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Tennis Aces	50545	TU	6/30-7/28	1:45-2:35 p.m.	\$25 R/\$30 NR	6-12
Mini Golf	50527	F	7/10	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50516	W	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12

## EXTENDED PLAY (Extended Playground Hours)

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Extended Play Location: Elwood Smith	50534	M-F	6/22-7/30 No Extended Play 7/31	8-9:30 a.m. & 3:30-6 p.m.	\$60 R/\$95 NR	6-12
Extended Play Location: Twinbrook E.S.	50556	M-F	6/22-7/30 No Extended Play 7/31	8-9:30 a.m. & 3:30-6 p.m.	\$60 R/\$95 NR	6-12





# Summer Playgrounds

## FALLSGROVE/THOMAS FARM COMMUNITY CENTER

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50506	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50537	W	7/1-7/29	10 a.m.-Noon	\$20 R/\$25 NR No swim 7/15	6-12
Tennis Aces	50553	TH	7/2-7/30	10-10:50 a.m.	\$25 R/\$30 NR	6-12
Mini Golf	50524	F	7/10	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50517	TU	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12

## ISREAL PARK/LINCOLN PARK COMMUNITY CENTER

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50507	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50538	TU	7/7-7/28	10 a.m.-Noon.	\$20 R/\$25 NR	6-12
Tennis Aces	50548	W	7/1-7/29	1:30-2:20 p.m.	\$25 R/\$30 NR) (No class 7/15)	6-12
Mini Golf	50532	F	7/17	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50518	TU	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12
*Club House Extra	50569	M-F	6/22-7/30 No Club House Extra on 7/31	3:30 - 6:30 pm	\$55 R/\$90 NR	6-12

\*No transportation provided

## LAKEWOOD ELEMENTARY SCHOOL

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50509	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50540	W	7/1-7/29	10 a.m.-Noon	\$20 R/\$25 NR (No swim 7/15)	6-12
Tennis Aces	50547	TH	7/2-7/30	11:30 -12:20 p.m.	\$25 R/\$30 NR	6-12
Tennis Aces	50554	TH	7/2-7/30	1:45-2:35 p.m.	\$25 R/\$30 NR	6-12
Mini Golf	50525	F	7/10	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50519	W	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12

# Summer Playgrounds



## MONTROSE PARK COMMUNITY CENTER AND PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50510	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50541	TH	7/2-7/23	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Tennis Aces	50549	W	7/1-7/29	10-10:50 a.m.	\$20 R/\$25 NR (No tennis 7/15)	6-12
Tennis Aces	51223	W	7/1-7/29	11:10 am - 12:00 pm	\$20 R/\$25 NR No tennis 7/15	6-12
Mini Golf	50528	F	7/24	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50520	W	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12

## POTOMAC WOODS PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50511	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50542	TH	7/2-7/23	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Tennis Aces	50550	TU	6/30-7/28	10-10:50 a.m.	\$25 R/\$30 NR	6-12
Mini Golf	50529	F	7/10	9:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50521	W	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12

## TWINBROOK ELEMENTARY SCHOOL

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50513	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50543	TU	7/7-7/28	10 a.m.-Noon	\$20 R/\$25 NR	6-12
Tennis Aces	50551	M	6/29-7/27	1:45-2:35 p.m.	\$20 R/\$25 NR	6-12
Mini Golf	50533	F	7/17	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50522	W	7/15	9 a.m.-3:30 p.m.	\$35 R & NR	6-12

## WOODLEY GARDENS PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	50512	M-F	6/22-7/30	9:30 a.m.-3:30 p.m.	\$150 R/\$230 NR	6-12
Swim	50544	W	7/1-7/29	10 a.m.-Noon	\$20 R/\$25 NR (No swim 7/15)	6-12
Tennis Aces	50552	M	6/29-7/27	10-10:50 a.m.	\$20 R/\$25 NR (No class 7/15)	6-12
Mini Golf	50526	F	7/24	10:30 a.m.-1:30 p.m.	\$18 R & NR	6-12
Adventure Park	50523	W	7/15	9 a.m.-3:30 p.m.	\$35R & NR	6-12



# Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770  
www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

## Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

All Ages

### Songs of Spring

Circle the campfire to listen and learn about the animals that fill the spring air with their songs and calls. And what campfire would be complete without s'mores?

51067 Sa 5/9 8-9 PM \$5/\$6

## Fairy Houses

What would happen if you built a house for the fairies to live in? Would they come to visit? Come to CCNC and we will help you to build your own Fairy House to attract a magical creature to play with you indoors or outside, depending on where you place it. Register by 4/26.

Age: 4+

51086 Su 5/3 1:30-2:30 PM \$8/\$10

## Family Ramble

Join a Naturalist on a hike through the Hayes Forest Preserve. Trails are not stroller friendly. All participants must register including adults. Children under 12 must be accompanied by an adult.

Age: 1+

### Plant Walk

Spring is a time for new growth. Take a botanical stroll through the forest to discover ferns, flowers and more.

51077 Su 5/17 1:30-2:30 PM \$3/\$5

### Salamander Crawl

Search for salamanders in the forest and creek with a Naturalist. Come prepared to get wet and have fun. Everyone must wear closed-toe shoes!

51078 Su 6/7 1:30-2:30 PM \$3/\$5



## High Flyers

Ever dreamed of flying high into the sky? Well, we can't help you fly, but we can help you make things that fly. Come to CCNC to explore aerodynamics and the characteristics of wind and weather that help make things fly. Then we will make some different flyers to see how far they can soar in our field.

Age: 5-12

51084 Su 4/12 1:30-3 PM \$8/\$10

## InstaHunt at Croydon Creek

Grab your phone or iPod and join in an Instagram Scavenger Hunt around the grounds of Croydon Creek. Meet at the Nature Center to get your list of target photos and then head out into the woods to practice your Instagramming skills. Bring some friends and work as a group. Capture all the photos and take home a prize!

All Ages

51079 Sa 6/6 10:30 AM-12 PM \$6/\$8

## National Homebrew Day Beer Tasting Campfire

In celebration of National Homebrew Day we will taste beer varieties made here in the DMV and learn about some species native to our home area. Participants must produce photo ID upon request.

Age: 21+

51072 Sa 5/2 8-9 PM \$15/\$20



# Nature Center

## Nature Tots (Adult/Child)



Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required. Spaces are limited.

Age: 2-5

### Turtles

51061 Sa 4/18 10-11:30 AM \$8/\$10

### Flowers

51062 Th 4/23 10-11:30 AM \$8/\$10

### Bees

51063 Th 5/21 10-11:30 AM \$8/\$10

### Hummingbirds

51064 Sa 5/30 10-11:30 AM \$8/\$10

### Butterflies

51065 Th 6/11 10-11:30 AM \$8/\$10



## Saturday Story and Hike (Adult/Child)



Stop by the Nature Center for storytime and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5

51075 Sa 5/16 10-11 AM \$4/\$6

51076 Sa 6/20 10-11 AM \$4/\$6

## Star Party

Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register. This program is dependent on good weather and clear skies.

Age: 5+

51073 Sa 4/18 8:30-9:30 PM \$7/\$9



## Survival Skills

Spend the afternoon learning basic outdoor skills such as identifying plant and wildlife species in Maryland, orienteering, campfire construction and primitive shelter building. Round out the day by making a survival bracelet to take home.

Age: 9-14

49988 F 3/27 1-4 PM \$15/\$18

Follow us on  
Twitter and Instagram  
[@rockvillerec](#)



## Green Your Backyard

**Saturday, May 30, 1-2:30 p.m.**  
Croydon Creek Nature Center

Learn about RainScapes Rewards and other City programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis; registration required. To register, call the RainScapes Coordinator at 240-314-8877 or email [rainscapes@rockvillemd.gov](mailto:rainscapes@rockvillemd.gov) with your name and address. Free.



**Saturday, May 16**  
**9 a.m. - 5 p.m.**

The National Parks Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate

### KIDS TO PARKS DAY

Spend time outdoors. Enjoy the  
**Hayes Forest Preserve.**  
240-314-8770



12TH ANNUAL

## Spring Festival and Native Plant Sale

**Saturday, April 25**  
**10 a.m. - 2 p.m.**

*Enjoy the wonders of nature with your family.*

- Woodland Hikes
- Spring Native Plant Sale
- Nature Games and Crafts
- Reptiles Alive Show
- Sustainability Exhibits
- Bring a picnic lunch

### FREE EVENT

No registration required



852 Avery Road, Rockville, MD 20851  
240-314-8770

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

## CLEAN-UP EVENTS

Hayes Forest Preserve

### CREEK CLEAN-UP

Saturday, April 11, 9 a.m. – Noon

### INVASIVE SPECIES PULL

Sunday, April 19, 1:30-4:30 p.m.



- Time working at events is eligible for Student Service Learning hours.
- Students 14 years and younger must be accompanied by an adult.
- Gloves and bags provided.

No registration required  
240-314-8770



# SPRING HAPPENINGS!



## Teen Spring Fling Dance

Twinbrook Community Recreation Center

Friday, May 8, 7:30-9:30 p.m.

Come dance the night away with your friends! Grades 5-7. \$3 per person at the door.



## Breakfast with the Bunny!

Thomas Farm Community Center

Saturday, March 21, 10:30 a.m.-12:30 p.m.

Enjoy a magic show, egg hunt, crafts, continental breakfast and a visit from the Bunny.

Pre-registration required for breakfast. \$10R/\$12NR. Extra fees for show at the door.

Course #49105.



## Spring Outdoor Community Yard Sale

Richard Montgomery HS – Parking Lot

Saturday, April 18, 8 a.m.-Noon

Check out the bargains or sign up as a vendor to sell your treasures. Vendors must pre-register with payment to secure a space that includes one parking spot and a 6'X 3' table.

Set up 7-8 a.m. Cost per table: \$20. Course #51022. Organized by Lincoln Park Community Center and Teen Programs. Course #51022. Additional table #51023. Raindate: April 19.



## Spring Festival and Native Plant Sale

Croydon Creek Nature Center

Saturday, April 25, 10 a.m.-2 p.m.

Get outdoors with your family and enjoy exhibits, forest hikes, crafts, games and a native plant sale. Reptiles Alive will join us for a live show. Free event. No registration required.



## Outdoor Family Movie Night

Twinbrook Community Recreation Center

Friday, June 5, 8-9:30 p.m.

Enjoy a night of family fun watching a movie on the big screen. Held inside in case of inclement weather. Refreshments sold by Twinbrook Elementary School PTA.

\$3 per person at the door.



## Royal Tea Party

Thomas Farm Community Center

Saturday, May 2, 2-4 p.m.

Princesses and their royal families are invited to our annual event. Pre-registration required. \$10R/\$12NR. Course #50374.



# Teens

## Arts, Dance and Enrichment Ballet Teen and Adult



Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes.

Age: 12+

51166	Tu	4/14-5/26	5:15-6:15 PM	\$77/\$87
51167	Th	4/16-5/28	5:15-6:15 PM	\$77/\$87

Age: 13+

50318	M	4/13-5/18	5:45-7 PM	\$69/\$79
50319	W	4/15-5/27	5:45-7 PM	\$77/\$87

Rockcrest Ballet Ctr./Mangan

## Be Prepared Workshop Series



Summer Job Readiness Workshop will include job searching tips, how to update your existing resume or create one, how to properly complete job applications along with interview etiquette. For more information call 240-314-8634.

Age: 15-18

51103	F	3/27	12-2:30 PM	\$3/\$5
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TBA

## Before and After School Enrichment

### Totally Teens

An afterschool program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is not held on holidays or when MCPS is closed.

Grade: 6-10

#### With Snack

50094	M-F	4/13-6/12	3-6:30 PM	\$289/\$305
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#### Without Snack

50095	M-F	4/13-6/12	3-6:30 PM	\$229/\$245
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Thomas Farm CC

### RockvilleRec is on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services. Follow @RockvilleRec.

Log on and join @www.twitter.com



## Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



### Teen Fit



This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

50976	Sa	4/25-6/13	2:30-3:30 PM	\$70/\$81
50977	M	4/20-6/8	7-8 PM	\$70/\$81

Rockville Swim and Fitness Center/Main/Ocampo

## School Break Programs

### Spring Break Adventure Trips



Sign up with your friends and create great memories. Enjoy all three great adventures: Paintball, Rebounderz (trampoline fun) and the Ropes Course. Pick-up and drop-off at Julius West MS. Register by: 3/30

Grade: 5-9

#### Paintball

51100	Tu	4/7	10 AM-2:30 PM	\$30/\$35
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#### Indoor Go Karting

51101	W	4/8	11 AM-3 PM	\$35/\$39
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#### Ropes Course

51102	Th	4/9	10 AM-4 PM	\$35/\$39
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Julius West MS

# Teens

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Tennis Prep for Jr. Competition *New* LET'S MOVE!

Practice a variety of skills and drills for high school competition or tournament play. Classes are designed for Intermediate and Advanced levels to prepare players for the next level both mentally and physically.

Age: 9-15

#### Intermediate

Improve hitting zone strategies and shot selection and win more games!

51093	Th	4/16-5/21	4:30-6 PM	\$104/\$118
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Age: 11-15

#### Advanced

Focus on mental toughness and work on match strategies for singles and doubles to reach the top of your game.

51094	Th	4/16-5/21	4:30-6 PM	\$104/\$118
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Mattie Stepanek Park/Hong

### Tennis - Private Lessons *New* LET'S MOVE!

Bring your tennis to the next level through private lessons. Enjoy one on one instruction and focus on your skills and game play that need improvement.

Age: 11-19

51089	F	5/8	5-6 PM	\$50/\$58
51090	F	5/8	6-7 PM	\$50/\$58
51091	F	5/15	5-6 PM	\$50/\$58
51092	F	5/15	6-7 PM	\$50/\$58

Mattie Stepanek Park/Hong



## Rockville Leadership Academy

Rockville Leadership Academy (RLA) is much more than an after school program. RLA will incorporate learning a different leadership skill each week while hanging with your peers. Snack, homework time, fun fitness activities and special events will also be included. Members will earn SSL hours and may prequalify for the Summer LIT program based on their age, performance and SSL hours earned. Detailed information will be mailed upon registration. Program will be held at Twinbrook Community Center with free evening transportation to Lincoln Park Community Center. Call 240-314-8634 for additional information.

Grade: 5-8

49975	M-F	3/30-5/8	3-6 PM	\$139/\$159
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49979	M-F	5/11-6/12	3-6 PM	\$119/\$129
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Twinbrook CRC

### Lincoln Park CC Transportation

49978	M-F	3/30-5/8	5:15-6 PM	Free
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49980	M-F	5/11-6/12	5:15-6 PM	Free
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Lincoln Park CC

## OFFICIALS NEEDED!



### Youth and Adult Leagues

Weekday Evenings  
and Weekends

- Youth Soccer
- Youth Baseball
- Adult Softball
- Adult Basketball

### Training in March

For more information,  
call 240-314-8620  
or email  
sports@rockvillemd.gov

# Teens on the Go

**8 weeks of fun!**

**June 22 – Aug. 14**

Trips to amusement parks and baseball games, rafting, laser tag, go-karting, swimming, pottery and more . . .



## Pick-up and Drop-off locations:

- Julius West Middle School
- Twinbrook Community Recreation Center
- Lincoln Park Community Center
- Thomas Farm Community Center

Trip times vary depending on destination.  
Most trips held between 10 a.m.–5 p.m.

**Not interested in the day trip or need a place to hang out before or after the trip?**

**Easy solution:** Buy a Community Center pass and enjoy computer access, video games, gym time and more.

See detailed registration information in the Summer 2015 Recreation Guide, available in early May.

240-314-8634



## WE WANT YOU!

**Are You Great with Children?**  
**Are You Enthusiastic and Energetic?**  
**Are You Creative?**

**Apply Now for Summer 2015  
Camps and Playgrounds**

Most programs run for 7 weeks, approximately 35 hours per week

- Plan and Teach Sports and Games
- Outdoor Activities
- Arts and Crafts
- Special Events
- Swimming
- Theme Weeks and More!

For job openings and application information, visit [www.rockvillemd.gov/careers](http://www.rockvillemd.gov/careers)

Applications may also be completed at Rockville City Hall, Human Resources, 111 Maryland Ave., Rockville, MD 20850. EOE



# Adults

## Arts, Dance and Enrichment

### Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes.

Age: 13+

#### Beginner/Intermediate

50302 Th 4/16-5/28 7:45-9 PM \$77/\$87  
Rockcrest Ballet Ctr./Mangan

50304 Sa 4/18-5/23 9-10 AM \$55/\$62  
Rockcrest Ballet Ctr./Chongpinitchai

#### Intermediate/Advanced

50301 Th 4/16-5/28 6:30-7:45 PM \$77/\$87  
Rockcrest Ballet Ctr./Mangan

#### Advanced

50303 Tu 4/14-5/26 6:30-7:45 PM \$77/\$87  
Rockcrest Ballet Ctr./Mangan

### Ballroom Dance - Beginner

Even if you think you have two left feet, join us and be surprised at what you can learn. We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Classes and fees are for couples only. Great Value

Age: 16+

50643 W 4/15-6/3 7:30-8:25 PM \$99/\$115  
Ritchie Park ES/Mola

### Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the 'One Singular Sensation' that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+

50321 Tu 4/14-6/2 9:30-10:30 AM \$99/\$109  
50320 Th 4/16-6/4 7:30-8:30 PM \$99/\$109

Thomas Farm CC/Devine

### Community Spring Yard Sale

It's that time of year again! Spring has sprung! Clean out those closets and find some treasures to sell at our annual Spring Yard Sale. Vendors must pre-register with payment to secure a space. Payment holds one parking spot and one 6' X 3' table. Set-up time is 7-8 a.m. Held at Richard Montgomery H.S. Raindate: April 19.

51022 Sa 4/18 8 AM-12 PM \$20  
51023 Additional Table \$20

### Getting Paid To Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer. Learn what the pros look for, how to prepare and where to find work in your area.

Age: 18+

50692 Tu 5/5 6:30-9 PM \$25/\$35  
Rockville Sr. Ctr.

### Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper.

Age: 13+

50326 M 4/13-5/18 7-8 PM \$89/\$99  
The School of Music/The School of Music Staff



# Adults

## Let's Cook!

Join Chef J. Lynda Moulton, a graduate of L'Academie de Cuisine, for an evening of culinary delights! Beginners and experienced cooks with a passion for food who are eager to learn from a classically trained chef are welcome. Learn culinary techniques through interactive, hands-on workshops. All recipes are gluten and grain free!

Age: 18+

### Succulent Standing Rib Roast

How do you cook it? Chef Lynda's technique using unusual and inexpensive equipment will surprise you! Learn the secrets of the flavor and prepare to impress! Note: supply fee payable to the instructor at workshop. (Subject to change based on market price/availability.)

50713 Th 4/16 6:30-9 PM \$35/\$41

### 40 Clove Garlic Chicken

In traditional medicine, garlic has been said to cure many ailments. Learn techniques to use when cooking with garlic. You will be provided a whole chicken to break down in class as Chef Linda shares this and other recipes using garlic. Bring your own cutting board and knife. Note: \$14 supply fee payable to the instructor at workshop.

50714 Th 4/30 6:30-9 PM \$35/\$41

### After the Catch: Filleting, Skinning and Cooking Fish

No bones about it! Chef Lynda will teach you how to transform a whole fish into beautiful, boneless fillets in just a few simple steps. Learn how to remove the pin bones and separate the skin from the fillets. Bring your own cutting board and knife. Note: \$15 supply fee payable to the instructor at workshop. (Subject to change based on market price/availability.)

50715 Th 5/14 6:30-9 PM \$35/\$41

### Cooking Duck with Confidence

What's more scrumptious than the deep, rich flavor of duck? Duck is often reserved for special occasions but it doesn't need to be. It's quite simple to prepare and provides a versatile base for many flavors. Note: \$10 supply fee payable to the instructor at workshop. (Subject the change based on market price/availability.)

50716 Th 5/28 6:30-9 PM \$35/\$41  
Rockville Sr. Ctr.

## Are you a Senior Center member?

If so, you are eligible for a **discount** on adult classes.

See page 42

## Pottery - Introduction to Clay

Explore the basics of ceramics/pottery. Learn to hand build with clay using techniques like slab and coil building. Finished pieces will be glazed and fired. Note: \$20 material fee payable to City of Rockville at first class. Cancellations must be received in writing at least two weeks prior to class to receive a credit or refund.

Age: 18+

50343 Th 4/16-5/21 6:30-8:30 PM \$79/\$89  
Pump House Community Center/Mattocks

## Social Latin Dance

Salsa and Latin dancing are hotter than ever! Latin dance clubs are all over the DC area. Learn the basics of Salsa, Merengue, Bachata and Cha Cha, a few figures for each, dance etiquette and lead and follow skills. No dance experience or partner required.

Age: 18+

50352 M 4/13-5/11 8-8:55 PM \$55/\$65  
Ritchie Park ES/Sterns

## 9<sup>th</sup> Annual Rockville Ride of Silence Town Center Plaza Wednesday, May 20, 7 p.m.

Meet in front of the Rockville library with your bike and helmet for a 10-mile police-escorted ride through Rockville neighborhoods to honor those who have been killed or injured on a bicycle. Participants must be comfortable riding on streets with traffic and ride approximately 10 miles in one hour. Free; no registration needed.

[www.rideofsilence.org](http://www.rideofsilence.org)  
for additional information

# Adults

## Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions.

Age: 16+

### Beginner

50353 Tu 4/14-6/2 6:30-7:25 PM \$72/\$82

### Continuing

50354 Tu 4/14-6/2 7:30-8:25 PM \$72/\$82

### Advanced

50579 Tu 4/14-6/2 8:30-9:25 PM \$72/\$82  
Twinbrook CRC/DeLuca

## West Coast Swing - Beginner

Try West Coast Swing - the smoothest form of swing dancing - then head out to dance the night away! Swing can be done to a variety of music including slow blues, country and rock and roll, so it's great for all ages! Learn basic patterns, dance etiquette and lead and follow techniques. No dance experience or partner required

Age: 18+

50358 M 4/13-5/11 7-8 PM \$55/\$65  
Ritchie Park ES/Sterns



## Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate students. Breads and cheeses will be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. They will present representative wines from the most significant areas of this country and the world for tasting and comment. Participants must supply photo ID upon request. Cancellations must be received in writing at least 72 hours prior to each workshop to receive a credit, subject to the refund policy.

Age: 21+

### Wines of Oregon

Oregon is producers of superior red wines, especially Pinot Noir. This class will cover the wine making history of Oregon and include discussion on the major grapes and wine producing regions such as the Willamette Valley and the newer region of southwestern Oregon. Significant wines of the region will be presented for tasting and comment.

50644 Th 4/9 7:30-9:30 PM \$35/\$39

### Wines of Italy

This class will cover the major wine regions of Italy, one of the world's two largest wine producing countries. We will discuss major grapes and wine production methods used in Italy. Significant wines of the region will be presented for tasting and comment.

50645 Th 5/7 7:30-9:30 PM \$35/\$39  
Glenview Mansion/Cecil





# Adults

## Fitness and Wellness

**We recommend bringing a water bottle to all fitness programs.**



### 20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

50391 Sa 4/11-6/13 8:45-9:45 AM \$66/\$76  
Rockville Sr. Ctr./Harris

50389 M 4/6-6/1 6:15-7:15 PM \$59/\$68  
Thomas Farm CC/Webb

### Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

50935 M 4/20-6/8 12:45-1:15 PM \$35/\$42  
50936 M 4/20-6/8 8:05-8:35 PM \$35/\$42  
50937 W 4/22-6/10 12:45-1:15 PM \$40/\$48  
50938 W 4/22-6/10 8:05-8:35 PM \$40/\$48  
50939 F 4/24-6/12 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center/Serrano Gonzalez/  
Main/Ocampo/Groman

### Body Weight Cardio Strength

Challenge yourself with this demanding workout. The class will start with a quick warm up followed by high-intensity intervals of cardio and strength training, finishing with a full body stretch. The focus will be on maintaining great form throughout all of the movements.

Ages: 16+

50945 Tu 4/21-6/9 12-12:45 PM \$64/\$75  
Rockville Swim and Fitness Center/Ocampo



### Boot Camp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Work out in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

50947 M & W 4/20-6/10 5:45-6:45 PM \$120/\$140  
50949 M & W & F 4/20-6/12 6:30-7:30 AM \$184/\$214

Rockville Swim and Fitness Center/Ocampo/Stokes

### Cardio Dancing *New*

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40s music. All fitness levels welcome.

Age: 16+

51036 M 4/20-6/8 7:05-7:50 PM \$56/\$65  
Rockville Swim and Fitness Center/Peter

### Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

50951 Su 4/26-6/14 11:30 AM-12:30 PM \$56/\$65  
Rockville Swim and Fitness Center/Cohen

### Cardio Strength and Sculpt *New*

Pump up your metabolism and target all your muscle groups as you transition back and forth through cardiovascular movement and strength training. All fitness levels are welcome as modifications are provided to increase or decrease intensity levels. Bring a mat and weights to class.

Age: 16+

51029 Sa 4/11 8:45-9:45 AM Free Demo  
51030 Sa 4/18-6/13 8:45-9:45 AM \$59/\$68  
Twinbrook CRC/Webb

### Cardio Strength and Sculpt Drop-In

Don't have time to commit to a session? Try our drop-in class, on a space available basis. See Cardio Strength and Sculpt class course description. Fee is per class.

51095 Sa 4/18-6/13 8:45-9:45 AM \$8/\$9  
Twinbrook CRC/Webb

# Adults

## Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. Bring weights and mat.

Age: 15+

50396 Tu 4/14-6/2 5:30-6:15 PM \$59/\$68

50397 Sa 4/11-6/6 9-10 AM \$52/\$60

Thomas Farm CC/Ramsey

## Circuit Training *New*

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. There are six different stations featuring exercises to challenge your whole body each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights will be used.

Age: 16+

51082 Tu 4/21-6/9 11-11:45 AM \$64/\$75

51083 Th 4/23-6/11 11-11:45 AM \$64/\$75

Rockville Swim and Fitness Center/Ocampo

## Complete Core and Stretch

Try this dynamic class which focuses on body alignment, core strengthening and intense stretching to gain flexibility and stability. Taught by a dancer, this class will help improve your posture. Finish the class feeling taller, stronger and more energetic.

Age: 18+

50322 M 4/13-6/1 10:45-11:45 AM \$75/\$83

Thomas Farm CC/Devine

## Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students.

Age: 13+

50406 M & W 4/20-5/20 6:10-6:55 PM \$99/\$119

50407 Tu & Th 4/21-5/21 7:20-8:05 PM \$99/\$119

Kicks Karate/Staff

## Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

50953 Th 4/23-6/11 12-12:45 PM \$64/\$75

50955 Su 4/26-6/14 9:45-10:30 AM \$56/\$65

Rockville Swim and Fitness Center/Owen/Ocampo

## Dance - Fitness *New*

Dance Fitness is an exercise party experience aimed at getting friends moving to the songs that make them feel good. Forget that you are exercising and remember that if you can show up and never give up, you can be fit.

Age: 16+

50325 Tu 4/14-5/19 6:30-7:30 PM \$59/\$69

Rockville Sr. Ctr./Harris

## In Motion (Seniors)

Stay active and healthy! Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group.

Ages: 65+

50957 Tu 4/21-6/9 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center/Ocampo

## Integrative Health Coaching *New*

Neeta Suryavanshi is an Integrative Health Coach (IHC). She offers professional health coaching support, encouragement and insight to help you achieve optimal health and wellness. She uses the Duke University IM Wheel of Health model, which honors the whole person and helps people take small steps that can lead to big changes in their lifestyle. This program helps participants develop a vision, goals and action steps to improve their health and wellness.

Age: 18+

50684 Sa 4/18-5/9 10-11:15 AM \$65/\$75

Rockville Sr. Ctr./Suryavanshi

# Adults

## Interval Training and Stretch

Power through interval training circuits consisting of three minutes of strength, two minutes of cardio and one minute of core work to sculpt your body, burn fat and blast calories! Class ends with a power yoga routine leaving your body feeling stretched and relaxed! Bring a mat and weights.

Age: 16+  
50415 Th 4/9-6/4 5:30-6:15 PM \$72/\$83  
Rockville Sr. Ctr./Maguire

## Jazzercise - Lo

Fitness that is invigorating, not intimidating! Great music and choreography but without the hop! This low impact workout combines elements of jazz dance, resistance training, Pilates, yoga, kick boxing and more. All ages and fitness levels. Bring weights and a mat.

Age: 16+  
50416 M 4/20-6/8 6:45-7:45 PM \$55/\$65  
50417 W 4/22-6/10 6:45-7:45 PM \$55/\$65  
Beall ES/Proctor

## Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+  
50965 Th 4/23-6/11 12:45-1:15 PM \$40/\$48  
Rockville Swim and Fitness Center/Ocampo



## Meditation - Beginner/Continuing

Meditation is a mind-body practice which helps manage stress and anxiety, as well as relieve tension. Relax with easy stretches and guided breathing. Printed materials will be available and there will be time for discussion. Bring a pillow or folded blanket and a mat.

Age: 18+  
50331 M 4/13-5/18 6-7 PM \$39/\$45  
Pump House CC/Farrell

## Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+  
50341 Tu 4/14-6/9 7:30-8:25 PM \$99/\$109  
Rockville Swim and Fitness Center/Poole

## Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+  
50342 Tu 4/14-6/9 6:30-7:25 PM \$99/\$109  
Rockville Swim and Fitness Center/Poole



# Adults

## Pilates - Teens and Adults *New*

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+

51087 Th 4/23-6/11 9:15-10:15 AM \$88/\$104

51088 Su 4/26-6/14 8:30-9:30 AM \$77/\$91

Rockville Swim and Fitness Center/TBA

## Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class will focus on increasingly difficult plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

Ages: 16+

50971 Sa 4/25-6/13 3:30-4:30 PM \$56/\$65

Rockville Swim and Fitness Center/Ocampo

## Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights.

Age: 15+

50439 M 4/13-6/1 9:30-10:30 AM \$52/\$60

50440 Tu 4/14-6/2 6:20-7:20 PM \$59/\$68

50442 W 4/15-6/3 9:30-10:30 AM \$59/\$68

51158 Th 4/16-6/4 6:15-7:15 PM \$59/\$68

Thomas Farm CC/Ramsey

50449 W 4/15 7:30-8:30 PM Free Demo

50441 Th 4/16-6/11 6:30-7:15 PM \$73/\$84

### 4 week mini-sessions

51148 W 4/22-5/13 7:30-8:30 PM \$29/\$34

51149 W 5/20-6/10 7:30-8:30 PM \$29/\$34

Rockville Sr. Ctr./Webb



## Small Group Training Classes

Enjoy the benefits of personal training combined with the motivation that comes from being part of a team. Our small group personal training classes offer the benefits of working with a certified personal trainer along with the support of participants with the same fitness goals. Enjoy group camaraderie, motivation, coaching and program design all at a fraction of the cost of a one-on-one training session. Groups consist of 4-6 members (running programs can go up to 8) and will all include a fitness evaluation and assessment at the beginning and end of the session.

Ages: 16+

### Foundational Strength and Movement

Certain movement patterns serve as a basis for all we do. Whether you are pushing a wheelbarrow, pulling a vacuum, or squatting to sit down, a strong foundation and correct movement techniques are necessary to avoid injury and pain. In this course, we will focus on movement correction and functional training, combining all five basic movement patterns to improve balance, increase strength and create an overall healthy you. (\$780 worth of training)

50973 Tu & Th 4/21-5/28 10:30-11:30 AM \$300/\$345

Rockville Swim and Fitness Center/Cortes

### Weight Loss Boosting

A successful weight loss program is going to take you out of your comfort zone, both in the gym and the kitchen. If you are already working on a nutritional plan of attack (Jenny Craig, Weight Watchers, etc.) this program is for you. You will have an initial body composition evaluation and we will develop a set of goals to challenge your whole body. Begin working on reducing your BMI for a new you this spring!

51081 M & F 4/20-5/29 8-9 PM \$275/\$320

Rockville Swim and Fitness Center/Ocampo

## Step Aerobics *New*

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps are provided.

Age: 16+

51085 Th 4/23-6/11 7:30-8:30 PM

\$64/\$75

Rockville Swim and Fitness Center/Cohen

# Adults



## Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

Ages: 16+

50974 Su 4/26-6/14 10:40-11:10 AM \$35/\$42  
Rockville Swim and Fitness Center/Owen

## Taekwondo for Adults *New*

Learn one of the world's most popular martial arts in a fun, low-pressure environment! This class will cover basic kicks, blocks, strikes and self-defense techniques and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified 3rd degree Black Belt.

Age: 15+

51042 Su 4/26-6/14 3-4 PM \$70/\$81  
Rockville Swim and Fitness Center/Fumagalli

## T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

51157 Tu 4/7-6/2 7-8 PM \$61/\$69  
Pump House CC/Lamb

## Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights.

Age: 16+

50492 W 4/8-6/3 6:20-7:15 PM \$74/\$85  
Thomas Farm CC/Maguire

## Wake Up, Work Out *New*

Start your day with this energetic exercise class which packs the hour full of cardio, weights, ab work and stretching all to upbeat music. Wake up and give your cardiovascular system a boost. Bring weights and mat. Showers available.

Age: 15+

51138 Tu 4/14-6/2 7:30-8:30 AM \$59/\$69  
50700 Th 4/16-6/4 7:30-8:30 AM \$59/\$69  
Thomas Farm CC/Devine

## WERQ

WERQ is the fiercely fun dance fitness workout class based on pop, rock and hip-hop music taught by certified fitness professionals. The signature WERQ warmup previews the dance steps used in class and the signature WERQ cool down includes balance and yoga inspired poses. Are you ready to WERQ?

Ages: 16+

50978 W 4/22-6/10 12-12:45 PM \$64/\$75  
Rockville Swim and Fitness Center/Pavelle

## Yoga - Aerial *New*

Experience an entirely new way of extending your yoga practice by utilizing the power of gravity and a soft hammock. No experience necessary. Note: Aerial Yoga is not recommended for pregnant women, those who have recently had eye surgery, or those suffering from vertigo or motion sickness. Consult your doctor before giving the class a try.

Age: 18+

50694 W 4/22 2-3:15 PM \$29/\$35  
50762 W 5/6 2-3:15 PM \$29/\$35  
Thrive Yoga/Wimsatt

## Yoga - Basic Flow - Beginner/Continuing

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+

50359 Tu 4/14-6/2 4:30-5:45 PM \$89/\$99  
Thrive Yoga/Alter



# Adults



## Yoga - Beginner/Continuing

Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks and a smile.

Age: 16+  
50360 Th 4/16-6/4 6:30-7:45 PM \$69/\$79  
Twinbrook CRC/Jensen

## Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+  
50980 F 4/24-6/12 9:15-10:15 AM \$102/\$120  
50981 Tu 4/21-6/9 9:15-10:15 AM \$102/\$120  
Rockville Swim and Fitness Center/Mustafa

## Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+  
50982 W 4/22-6/10 9:15-10 AM \$98/\$113  
50984 Sa 4/25-6/13 9:15-10 AM \$86/\$99  
Rockville Swim and Fitness Center/Groman/Cortes

## Yoga - Gentle Hatha Beginner/Continuing

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+  
50361 Th 4/9-6/4 7:30-8:45 PM \$110/\$120  
Rockville Sr. Ctr./Dodson

## Yoga - Hatha - Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+  
50363 M 4/13-6/1 7:30-8:45 PM \$99/\$109  
Thomas Farm CC/Neves

## Yoga - Hot

Learn what all the buzz is about! Hot yoga is designed to detoxify the body and increase fitness, stamina and flexibility. The yoga room is heated to approximately 85 degrees to warm the muscles. No experience is necessary. Postures and sequences are instructed at a beginner's pace. Students must be free from injury.

Age: 18+  
50364 Su 4/26-6/14 8-8:55 AM \$89/\$99  
Thrive Yoga/Bowen

## Yoga In Our City

Let the sun shine on your salutations. Join us in the park for these beginner yoga classes. Studies have shown yoga helps to lower blood pressure, increase flexibility and relax your mind. All ages welcome. Bring a mat and water bottle. Call weather line to check the class status at 240-314-5023.

### Yoga In Our Parks

50646 Sa 4/25 9-10 AM Free  
Calvin Park/Farrell

50647 Sa 5/16 9-10 AM Free  
King Farm Farmstead Park/Farrell

### Yoga On The Square

51151 Sa 6/6 9-10 AM Free  
Rockville Town Square/TBA

51152 Sa 6/13 9-10 AM Free  
Rockville Town Square/Farrell



# Adults



## Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a sticky yoga mat.

Age: 16+

50365 W 4/15-6/3 7:30-8:25 PM \$99/\$109  
Thomas Farm CC/Farrell

50366 Tu 4/14-5/19 5:30-6:30 PM \$72/\$79  
Pump House CC/England

## Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

50986 M 4/20-6/8 9:15-10:15 AM \$89/\$105  
50987 W 4/22-6/10 7-8 PM \$102/\$120

Rockville Swim and Fitness Center/Groman

## Yoga-lates On the Ball

Tone, strengthen and stretch your muscles in this total body conditioning workout utilizing a stability ball. Engage in exercises that challenge both the mind and body. Increase body awareness, balance and coordination through core stability using yoga and Pilates.

Age: 16+

50368 Th 4/16-6/4 9:30-10:25 AM \$72/\$79  
Thomas Farm CC/Devine

## Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+

50990 Th 4/23-6/11 6:30-7:15 PM \$64/\$75

50992 F 4/24-6/12 12-12:45 PM \$64/\$75

Rockville Swim and Fitness Center/Peter/Serrano Gonzalez

## Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+

50996 M 4/20-6/8 12-12:45 PM \$56/\$65

50997 Sa 4/25-6/13 11:15 AM-12 PM \$56/\$65

Rockville Swim and Fitness Center/McManaman/Pavelle

## Zumba Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. New Friday night option at TFCC. Taught by licensed Zumba instructors.

Age: 16+

50371 Tu 4/14-6/2 7:30-8:25 PM \$79/\$89

Thomas Farm CC/TBA

50372 W 5/15-6/3 7:30-8:25 PM \$79/\$89

Rockville Sr. Ctr./Graves

50373 F 4/17-6/5 7-8 PM \$59/\$69

Thomas Farm CC/Ford

## THANK YOU!

*A sincere "thanks" for contributing to the Rockville Youth Recreation Fund goes to:*

### Rockville Recreation and Parks Foundation

*Their generosity allows hundreds of children to participate in recreation and child care programs.*

# Adults

## Sports - Instructional

We recommend bringing a water bottle to all sports programs.



### Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

50400	Tu	4/14-6/9	7-8:20 PM	\$128/\$151
50401	Sa	4/18-6/20	2-3:20 PM	\$128/\$151
50578	Su	4/19-6/21	11:25 AM-12:45 PM	\$128/\$151

Rockville Fencing Academy/Staff

### Tennis Private Lessons (Series) *New*

Bring your game up a notch through a series of three or four one-on-one lessons with Roger Gough. New or experienced players will focus on improving individual techniques and skills. Footwork, court awareness and placement of shots will also be covered. Some flexibility allowed with scheduling.

Age: 16+

51010	Tu	4/14-4/28	3-4 PM	\$149/\$174
51024	W	4/15-5/6	3-4 PM	\$179/\$205

King Farm Park/Gough

## SPRING ADULT TEAM LEAGUES

Men's Softball      Co-Rec Volleyball  
Men's Basketball      Co-Rec Softball  
Co-Rec Soccer 7's

League play begins:

April 10 - Co-Rec Softball

April 13 - Men's Softball

April 13 - Men's Basketball

April 16 - Co-Rec Volleyball

April 16 - Co-Rec. Soccer 7's

[www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports)  
240-314-8620

### Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet and water bottle.

Age: 16+

#### Beginner 1.0-1.5 NTRP Level

50478	Sa	4/18-5/30	3-3:50 PM	\$69/\$79
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Thomas Farm CC/M. Yargici

#### Beg./Nov. Combo 2.0-3.0 NTRP Level

50470	W	4/15-5/20	6-6:50 PM	\$69/\$79
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Mattie Stepanek Park/Asaka

#### Novice 2.0-2.5 NTRP Level

50471	Sa	4/18-5/30	4-4:50 PM	\$69/\$79
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Thomas Farm CC/M. Yargici

#### Beg./Nov. Combo 2.0-3.0 NTRP Level

50472	Tu	4/21-5/26	6-6:50 PM	\$69/\$79
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Dogwood Park/M. Yargici

#### Beg./Novice Combo 2.0-3.0 NTRP Level

50473	M	4/20-6/1	6-6:50 PM	\$69/\$79
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Twinbrook CRC/Asaka

#### Intermediate 3.0-3.5 NTRP Level

50474	Tu	4/21-5/26	7-7:50 PM	\$69/\$79
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Dogwood Park/M. Yargici

#### Intermediate 3.0-3.5 NTRP Level

50475	M	4/20-6/1	7-8:15 PM	\$86/\$98
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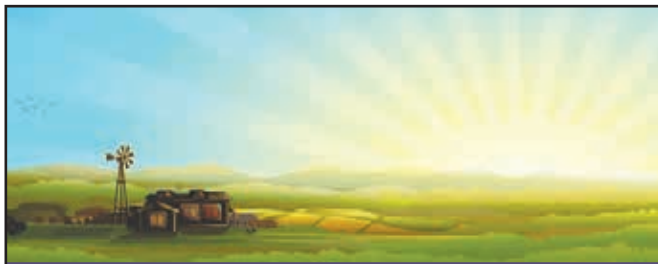
Twinbrook CRC/Asaka

#### Intermediate 3.0-3.5 NTRP Level

50477	W	4/15-5/20	7-8:15 PM	\$86/\$98
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Mattie Stepanek Park/Asaka





GROWERS ONLY

# Farmers Market

All items are fresh picked daily.



## SATURDAYS

9 a.m. – 1 p.m.

May 16 – Nov. 21

Corner of Route 28 and Monroe Street

Like us on Facebook:  
City of Rockville Farmers Market

240-314-8620

[www.rockvillemd.gov/farmers](http://www.rockvillemd.gov/farmers)

## Twinbrook Community Multicultural Day

Saturday, May 16, 4-7 p.m.

Share a culture you know well  
with your neighbors.

Featuring arts and crafts, food, country  
displays and family entertainment from  
around the world.

Celebrate our diverse community as we  
share our global experiences and  
food with each other.



## Spring Bike Advisory Events

### Tour de Cookie

Saturday, May 2 • 9 a.m.  
[www.tourdecookie.com](http://www.tourdecookie.com)

### Bike Month Kick-off Ride

Sunday, May 3 • 10 a.m.  
Meet at City Hall

### National Bike to Work Day

Friday, May 15 • 6 a.m. - 9 a.m.  
[www.biketoworkmetrodc.org](http://www.biketoworkmetrodc.org)

### RBAC at the Farmers Market

with bike safety checks  
Saturdays, May 16 - July 25 • 10 a.m.-Noon  
[www.rockvillemd.gov/farmers](http://www.rockvillemd.gov/farmers)

### 9<sup>th</sup> Annual Rockville Ride of Silence

Wednesday, May 20 • 7 p.m.  
[www.rideofsilence.org](http://www.rideofsilence.org)

### RBAC Marching in Memorial Day Parade

Monday, May 25 • 9 a.m. - 1 p.m.  
More details on how to join us at  
[www.facebook.com/bikerockville](http://www.facebook.com/bikerockville)

### Tuesday Evening Rides

June 2 to August 25 • 6:30 p.m.  
[www.facebook.com/bikerockville](http://www.facebook.com/bikerockville)

### Kidical Mass Family Ride

Saturday, June 20 • 10 a.m.  
Meet at Thomas Farm Community Center

### Carl Henn Millennium Trail Ride

Sunday, June 14 • 10 a.m.  
Meet at Rockville Senior Center

### Rockville Bicycle Advisory Committee

[rockvillebikerides@gmail.com](mailto:rockvillebikerides@gmail.com)  
[www.meetup.com/bikerockville](http://www.meetup.com/bikerockville)



# Seniors

**ROCKVILLE SENIOR CENTER** • 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800  
[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

## REGISTRATION DATES

**(M) - Member** registration begins **Thursday, March 12**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins March 17 for all other City programs.

**(R) - Resident** registration begins **Tuesday, March 17** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

**(NR) - Nonresident/Nonmember** registration begins **Tuesday, March 17** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

## TRANSPORTATION

**Rockville Call 'N Ride Service** – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

**Buses** – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

## AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

## ROCKVILLE SENIOR CENTER

### Hours

Monday-Friday, 8:30 a.m.–5 p.m.  
 Saturday, 8:30 a.m.–1 p.m.



### Directions

Call 240-314-5019

### Bus Transportation and Lunch Reservations

Call 240-314-8810



### Program Fees

Fee = member/resident/non-resident

### Center Membership Fees

\$40/year - Rockville Residents  
 \$135/year - Non-residents; \$65 spouse



### Fitness Club

### Membership Fees

\$85/year (Must be a Senior Center member)

## SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

## MEAL PROGRAM

**Daily Lunch** – Hot and cold lunches are provided at Noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

**ROCKVILLE SENIORS, INC. (RSI)** A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteers opportunities are available to support RSI's fundraising activities. For more information visit the Rockville Senior Center's website, [www.rockvillemd.gov/rsi](http://www.rockvillemd.gov/rsi)

# Seniors

## SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

## Arts and Enrichment

### AARP Driver Safety *New*

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road and driving tips. Check with your insurance company as many course graduates receive an auto insurance discount. Note: \$15 class fee for AARP members; \$20 for non-AARP members. Payment due at class only by check or money order to AARP. Course time includes a lunch break, bring your own. Registration required by 5/1.

50697 Tu 5/12 10 AM-3 PM Free/\$10  
Azalea Room

## INTERNATIONAL DAY

### A Celebration of Cultures

**Friday, June 12**  
**10:30 a.m.-Noon**

- Displays
- Costumes
- Tastings
- Dance demonstrations.

**Rockville Senior Center**

## Art Appreciation

Join us for this series with Stephen May, an independent historian and writer who lectures about art, culture and historic preservation.

### Mystique and Modernism: Art of Georgia O'Keeffe

Arguably America's best-known woman painter, Georgia O'Keeffe (1887-1986) made her mark with large-scale floral paintings, crisp depictions of New York City and evocative views of New Mexico. Just as fascinating is her unconventional personal life, including her marriage to art impresario Alfred Stieglitz and her legacy as a mystical figure in the American Southwest.

50564 W 4/15 10:15-11:45 AM \$5/\$7/\$10

### Winslow Homer - America's Greatest Artist?

After serving as a roving artist and illustrator for Harper's Weekly covering the Civil War and Americans at leisure, in 1882 Winslow Homer (1836-1910) moved to Maine and began painting full time. His subjects, depicting fishermen at sea, life on the farm and the joys of hunting and fly fishing, reveal the ways of life in America in the late 19th and early 20th centuries.

50565 W 5/20 10:15-11:45 AM \$5/\$7/\$10  
Azalea Room

## Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required one week prior to each party based on availability.

### April Party

Sponsored by: Willing 3 C's, Angels Garden

Entertainment by: Vintage Entertainment

50384 W 4/1 1:30-3 PM Free/\$5

### May Party

Sponsored by: Marge Carter

Entertainment by: Carnation Players, Showstoppers

50385 W 5/6 1:30-3 PM Free/\$5

### June Party

Sponsored by: Jean Deputy and Virginia Onley

Entertainment by: Reggie Rice, Magician

50386 W 6/3 1:30-3 PM Free/\$5  
Carnation Room

# Seniors



## Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion. Meets 3/26, 4/23 and 5/28.

50379 Th 3/26-5/28 10-11 AM Free/\$5  
Board Room/Beck

## Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun.

50696 Tu 4/7-6/2 3-4 PM Free/\$5  
Carnation Room/Beck

## Citizenship Class

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center.

50655 M & W 4/6-6/3 12:30-2:30 PM \$18/\$20/\$25  
Arts and Crafts Room

## Comedy in Music *New*

Come enjoy the most hilarious musical selections ever recorded. Irv Chamberlain will showcase Victor Borge, Frank Sinatra, Alan Sherman, Spike Jones, Johnny Cash, Perry Como, Danny Kaye and many more jokers. The laugh's on us!

50568 Tu 4/21 1-2:30 PM \$5/\$7/\$10  
Azalea Room

## Dealing with Death of a Loved One

Learn about the first step in the estate process after the loss of a loved one. Adam Abramowitz, Esq. will discuss the basic outline of probate administration in the State of Maryland. Explore key categories of information individuals need when preparing for probate and create checklists so you can be prepared.

51054 Tu 4/28 1-2:30 PM Free  
Azalea Room

## English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on April 13 and 15, 9:30-11 AM. Note: \$10 book fee may be required at first class.

### Level I

50649 M & W 4/13-6/22 10:15-11:45 AM \$18/\$20/\$25  
Arts and Crafts Room

### Level II

50650 Tu & Th 4/14-6/16 10 AM-12 PM \$18/\$20/\$25  
Card Room

### Level III

50651 Tu 4/14-6/16 10 AM-12 PM \$18/\$20/\$25  
Blossom Room

### Level IV

50652 W 4/15-6/17 10 AM-12 PM \$18/\$20/\$25  
Card Room

## English Conversation - Let's Talk

Speak more confidently about everyday topics.

50654 Tu 4/21-6/16 1-2:30 PM \$14/\$16/\$18  
Arts and Crafts Room





# Seniors

## First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

### Edith Carow Roosevelt

She brought a large family to the White House. She knew how to say and do the right thing. A perfect political wife, she was the calm presence behind the force of nature that was Teddy Roosevelt.

50685 M 4/27 10:15-11:15 AM \$5/\$7/\$10

### Helen Herron Taft

She started her life as First Lady breaking precedent. Nellie wanted her husband to be President and she set her mind to making sure that it happened.

50686 M 5/18 10:15-11:15 AM \$5/\$7/\$10  
Card Room

## French

If you haven't taken a French class in the last 50 years, this class is for you. Note: \$5 material fee payable to instructor.

50666 M & Th 4/13-5/21 1-2:30 PM \$40/\$45/\$50  
Sunroom

## French - Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 material fee is payable to instructor at first class.

50667 M & Th 4/13-5/21 10-11:30 AM \$40/\$45/\$50  
Lounge



## Fused Glass Pendant *New*

Under the guidance of an artist from VisArts of Rockville, participants will make two fused glass pendants. Multi-colored pre-cut glass as well as glass to cut, glass 'jewels' and stringers will be provided. Dichroic glass packs to add that extra glitter and glitz will be available for purchase. VisArts will fire the pendants, which may be picked up at the Senior Center two weeks after the class. Note: necklace chains are not provided.

50558 Tu 4/21 10:30 AM-12 PM \$24/\$30/\$37  
Arts and Crafts Room

## Health Care Advocacy *New*

Empowered patients take an active role and learn everything they can about the healthcare system, obstacles to good care and steps to take to get the best care possible. Come listen to Elissa Abod, Ph.D., Empowered Healthcare Advocates LLC and pick up strategies and info on local resources to help you and your family members advocate for the best health care.

50705 Th 6/17 1-2 PM Free  
Azalea Room

## Modern Views - Women in the Bible *New*

A traditional reading of the Bible sees women in submissive roles. Modern scholarship suggests a different interpretation of the roles and importance of biblical women. Study several passages and examine how a different approach can lead to a better appreciation of the women of the Bible. Bring a complete Old Testament or complete Bible.

50567 W 4/29 & 5/6 1:30-3 PM \$18/\$23/\$29  
Azalea Room

## News in Review *New*

Join Professor Joan Adams for this new program combining a bit of politics, current events and entertainment all rolled into one. She will keep us informed and enlightened on what's happening now.

50690 M 6/1 10:15-11:15 AM \$5/\$7/\$10  
Card Room

# Seniors



## Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues each Commander-in-Chief faced.

### Theodore Roosevelt

He changed the way Americans viewed the Presidency. The youngest man ever to become President brought vigor and a big stick to the office.

50688 M 4/13 10:15-11:15 AM \$5/\$7/\$10

### William Howard Taft

Big Bill was known for bringing some firsts to the office. In the age of the American skyscrapers he worked to bring more trade and create Dollar Diplomacy.

50689 M 5/11 10:15-11:15 AM \$5/\$7/\$10  
Card Room

## Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

50383 M 4/13-6/1 12:45-2:45 PM \$9/\$13/\$17  
Arts and Crafts Room/Broad

## Plan Ahead - Your Legacy *New*

We plan and save for rainy days, college, a wedding, a home and so much more. Come and learn how planning in advance for your last life event may be a loving gift to your family and ease their emotional stress. Presented by Jamie T. Arthurs, Preplanning Advisor.

50669 W 4/22 1-2:30 PM Free  
Board Room

## Positive Aging Project

Our Positive Aging Program offers free individual counseling and informal support groups designed to address the unique challenges of aging. All groups are led by Counselor Rika Granger. To make an appointment for one-on-one support call 240-314-8810.

### Senior Care Giver Support Group

Are you a senior caring for your spouse, partner, parent, dependent adult child or other senior household member? This group will discuss the challenges of those who are in their senior years and continuing to provide care for loved ones.

50672 Tu 4/14-6/9 1-2:30 PM Free  
Health Room

### Women Living Alone

If you are a woman living alone, join us for this group. We will meet each month to share experiences and discuss strategies for improving the quality of our lives.

50676 Th 4/2-6/4 1-2 PM Free  
Arts and Crafts Room

### Positive Aging

This group will focus on how to maintain a positive outlook on life despite the physical, mental and emotional challenges that accompany aging.

50677 Tu 4/14-5/12 1-2 PM Free  
Card Room

## Save or Shred? *New*

Where/how do you store your account numbers, user names, PINs, access codes, financial records, medical history and online accounts? Learn how to organize your important personal information so it can be easily located and shared should it be needed. Presented by Kay Bransford, MemoryBanc.

50695 Th 5/7 1-2:30 PM Free  
Azalea Room



# Seniors

## Science Tuesdays *New*

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center.

### Feel the Earth Move

The Earth and its crust are constantly evolving. Continental drift and plate tectonics are two theories explaining why the oceans are expanding, new mountains are being formed and why it often seems the majority of the world's earthquakes and active volcanoes happen in the Pacific. Come listen as Dr. Philip Justis, Geologist, explains some of these theories.

50683 Tu 4/14 1-2 PM Free  
Board Room

### Robotics

Bob Eckman, Robotics Engineer, will brief us on the design, construction, operation and application of robots. Distinctions between types of robots will be described along with the history and future of robotics. He will also demonstrate the use and programming of several small autonomous robots.

50681 Tu 5/12 1-2 PM Free  
Board Room

### Statistics: Matter of Life and Death

Economic loss and poor policy decisions are often driven by misleading statistics. Sometimes a lack of understanding of the available data can lead to serious consequences. This talk by Dr. Lee Abramson will focus of a case of bad statistical analysis that, arguably, had fatal consequences.

50682 Tu 6/9 1-2 PM Free  
Azalea Room

## Seven Costly Mistakes *New*

Join Mindy Felinton, Esq. as she discusses family and life issues many people face. As a practitioner in the areas of elder law and estate planning, she will offer tips on getting through situations that arise with divorce, blended families and incapacity. Preserving your assets and probate will also be reviewed.

51057 W 5/27 1-2:30 PM Free  
Azalea Room

## Spring Home Maintenance Tips *New*

Give your home a complete physical - inside and out and be ready for the warm-weather months. Jerry Jones, Senior Citizen Home Maintenance Coordinator, will distribute and discuss a spring home maintenance checklist that includes roofs, windows, foundations, gutters, decks and more.

50761 W 4/29 1-2:30 PM Free  
Blossom Room

## Table Top Organizer *New*

Saws will be buzzing as Peter McNally helps you create a wooden table top organizer for your mail and excess papers. When space is at a premium, this small organizer will help you be clutter free. A material list will be mailed prior to the first class.

50691 Tu & Th 4/14 & 4/16 10 AM-12 PM \$10/\$13/\$16  
Woodshop

## SPRING CRAFT BAZAAR

Sponsored by Rockville Seniors, Inc.

**Saturday, May 2 | 9 a.m. - 2 p.m.**

Rockville Senior Center

Refreshments | Bake Sale

Computer Sale | Household Items

Plant Sale | Arts and Crafts

Gift & Thrift Shops Open | Indoor, Air-Conditioned

**240-314-8800**





# Seniors



## Probate Process and Estate Laws *New*

Joseph Griffin, Register of Wills for Montgomery County, will review the probate process and the various services provided by the Register of Wills. He will also discuss the various changes to estate laws and how you may be affected. Informative material relating to Trusts and when they are beneficial will also be presented.

50661 W 5/13 1-2 PM Free  
Azalea Room

## Unforgettable '50s - Musically *New*

All the hits of the '50s! Pat Boone, Elvis, Belafonte, Kingston Trio, Mitch Miller, Mathis, Fisher, Como, the Platters, Patti Page and many others. The mellow sounds of the mellow years, come and remember.

50570 Tu 5/5 1-2:30 PM \$5/\$7/\$10  
Azalea Room

## Underpainting with Pastels *New*

Add spontaneity to your art work by using soft intermingled watercolors as your underpainting. Your underpainting will be dreamlike but the finished painting will be more realistic with the addition of pastel painting. Learn about values, colors and shapes to take your paintings to a new level. Supply list will be mailed. Register by 4/7 unless filled by that date.

50709 W 4/22-5/13 10 AM-12 PM \$40/\$50/\$63  
Blossom Room/Fry

## Variable Annuities *New*

A variable annuity is a contract between you and an insurance company, under which the insurer agrees to make periodic payments to you. Variable annuities have become a part of the retirement and investment plans of many Americans. Kevin Bradley, CPA, Personal Financial Specialist, will present the basics including tax deferral, growth and income phases, living benefits and death benefits.

51053 W 6/10 1-2 PM Free  
Board Room

## Watercolor - Beginner/Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

50380 Tu 4/14-6/2 1-3 PM \$78/\$98/\$123  
50381 Th 4/16-6/4 1-3 PM \$78/\$98/\$123  
Blossom Room/Fry



## Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and other methods you can use to make projects more engaging. Enjoy a small group setting with individual attention.

50382 Th 4/16-6/4 10 AM-12 PM \$78/\$98/\$123  
Card Room/Fry

# Spring Holidays

Spring Break  
April 4-10

Memorial Day

May 25

Check on "Rock Enroll" or with  
instructor for class cancellation.

# Seniors

## Computers for Seniors

**Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email [rockvillecomplab@hotmail.com](mailto:rockvillecomplab@hotmail.com). (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.**

### Computers - Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating, moving or deleting a desktop shortcut.

51046 M 4/27 1-3 PM Free/\$5/\$7  
Computer Lab/Martin

### (B) e-Mail Fundamentals

E-mail got you down? Learn how to enroll and use an e-mail program. In some cases, you may be able to use your preferred e-mail provider in this class as you practice sending, downloading and saving attachments.

51050 Th 6/4 1-3 PM Free/\$5/\$7  
Computer Lab/Martin

### (B) Function Keys

One of the biggest differences between a typewriter and the computer keyboard is the row of keys at the top of the keyboard that are labeled F1 through F12, commonly known as function keys. These keys may have a variety of different uses or no use at all. See how function keys will improve your work on your computer.

50739 M & W 5/18 & 5/20 10 AM-12 PM \$15/\$20/\$25  
Computer Lab/Hickman

### (B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

50727 Tu 4/7 10 AM-12 PM \$5/\$7/\$9  
50725 Tu 5/5 10 AM-12 PM \$5/\$7/\$9  
50726 Tu 6/2 10 AM-12 PM \$5/\$7/\$9  
Computer Lab/Hickman

### (B) Personal Screen Savers

Learn how to create a slide show of your favorite family photos. Add your favorite music and you have memories to enjoy instead of a static desktop picture.

51047 Th 4/9 1-3 PM Free/\$5/\$7  
Computer Lab/Martin

### (B) Polish Up Your Typing *New*

Feeling a little rusty or never bothered to learn? Use the software "Typing Instructor" and practice proper hand placement and posture. You can view your progress after each exercise as you increase your typing speed and accuracy. Choose a plan to meet your typing objectives. This software offers games and themes and you can listen to music while you practice!

50723 M 4/20 & 4/27 10 AM-12 PM \$9/\$11/\$15  
Computer Lab/Hickman

### (B) Right Click - Left Click

Come discover how to find, move, copy and save your files and pictures. Create or delete shortcut icons on your desktop, emails and documents. It is all easy when you understand your mouse.

51045 Th 6/11 1-3 PM Free/\$5/\$7  
Computer Lab/Martin

### (B) Windows PC Backup

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

50730 W 4/22 1-3 PM \$7/\$9/\$13  
Computer Lab/Hickman

### (B) Word Processing

Word processing skills are required for many applications. Learn how to insert, edit, move and delete text and pictures. Files may be moved to a different document, PC or external memory. Learn the value of the "Save As" command.

51049 W 5/20 & 5/27 1-3 PM Free/\$5/\$7  
Computer Lab/TBA

# Seniors

## (B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

50662 W 4/8 10 AM-12 PM \$7/\$9/\$13  
Computer Lab/Bender

## (BI) Discover Facebook *New*

A one-session class where all participants will set up their own Facebook accounts using the computers in the Senior Center Computer Lab. We will discuss various privacy options and allow everyone to set privacy controls and permissions at their own comfort level.

50721    W    5/6            1-3 PM                    \$7/\$9/\$13  
Computer Lab/TBA

## (BI) iPhone Basics *New*

A hands-on class for iPhone beginners and anyone else who wants to get more out of their iPhone. We will start with the basics: terminology, the physical layout and settings. Discover the iCalendar and camera and Siri, voice dictation, manage contact and connect to iTunes and the App store. Bring your iPhone, power cord and adapter to class. If you have an iTunes account, bring your ID and password. Note: handout fee may apply.

50720 Tu & Th 4/21-4/30 10 AM-12 PM \$40/\$48/\$60  
Computer Lab/TBA

## (BI) Navigating Facebook *New*

Spend two sessions discovering how to enjoy connecting through Facebook. Learn how to find friends, "friend" people, 'like' something, post status updates, photos and comments. We will also review our individual privacy settings as we progress from one task to another and reset them if necessary. Note: there may be a handout fee.

50722 M & W 5/11 & 5/13 10 AM-12 PM \$20/\$24/\$30  
Computer Lab/TBA



## (BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

50744    W    6/3    10 AM-12 PM    \$7/\$9/\$13  
Computer Lab/Hickman



# Rockville Senior Center

# FITNESS CENTER

## It's the best time to be a senior in Rockville!

7 a.m. – 7 p.m. Monday-Friday  
7 a.m. – 3 p.m. Saturday

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)  
240-314-8800



# Seniors

## (BI) Unravel iPad Mysteries *New*

A hands-on class for iPad beginners. We will start with the basics: terminology, physical layout and settings. Class will progress to discovering Siri, voice activation and integrating with the Cloud. Bring your iPad, power cord and adapter. If you already have an iTunes account, bring your login ID and password. Note: there may be a handout fee.

50719 Tu & Th 4/21-4/30 1-2:30 PM \$40/\$48/\$60  
Computer Lab/TBA

## (BI) Voice Commands

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or e-mails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Speech Recognition. Program requires Windows 7 or 8.

50733 W 4/29 1-3 PM \$7/\$9/\$13  
Computer Lab/Hickman

## (I) e-Bay and Craig's List

Everyone has "junk" in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Ability to access the Internet. Note: \$10 manual fee payable to instructor at first class.

50663 W 4/15-5/6 10 AM-12 PM \$39/\$48/\$59  
Computer Lab/Bender

## (I) Laptops - Windows 7

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

50728 Tu & Th 4/14-4/16 10 AM-12 PM \$15/\$20/\$25  
Computer Lab/Hickman

## (I) Laptops - Windows 8

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 8.

50743 M & W 6/15-6/17 1-3 PM \$15/\$20/\$25  
Computer Lab/Hickman



## (I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Note: Handout fee of \$3 will be collected at class.

50742 M & W 6/15-6/17 10 AM-12 PM  
\$9/\$11/\$13  
Computer Lab/Hickman

## (I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). Note: \$5 material fee payable to instructor at first class.

50735 Tu & Th 5/14-5/21 1-3 PM \$27/\$34/\$42  
Computer Lab/Hickman

## (I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 material fee payable to instructor at first class.

50734 Tu & Th 5/5-5/12 1-3 PM \$27/\$34/\$42  
Computer Lab/Hickman

## (I) PowerPoint 2010

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 material fee payable to instructor at the first class.

50738 M & W 5/11-5/18 1-3 PM \$31/\$38/\$45  
Computer Lab/Hickman

# Seniors

## (I) Profit From Your Options

Options can work to enable you to double or triple dividends on stock you already own. Come and learn how to trade options safely on stock you do not own for returns of 1 - 5% weekly without investing any of your own money. Detailed handouts will be provided for your future reference and a handout fee of \$5 will be collected at the first meeting.

50704 Tu & W 4/7-4/15 1-2:30 PM \$36/\$46/\$56  
Computer Lab/Bender

## (I) Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your thumb flash drive to any other computer. It's important to have a backup copy of work on your computer.

50746 Th 6/11 10 AM-12 PM \$7/\$9/\$13  
Computer Lab/Hickman

## (I) Windows 7

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor and power settings. Advanced tools such as auto arranging your desktop, using sticky notes and the gadget feature will also be covered.

50729 Tu & Th 5/7-5/19 10 AM-12 PM \$36/\$46/\$52  
Computer Lab/Hickman

## Fitness and Wellness

**We recommend bringing a water bottle to all fitness programs.**



## A Matter of Balance *New*

Balance exercises help improve stability, coordination, leg strength and posture. The exercises learned in this class will help reduce the risk of falling, help prevent injury and improve overall daily life.

50753 M 4/6-6/8 12:10-12:50 PM \$33/\$38/\$48  
50754 W 4/8-6/3 12:10-12:50 PM \$33/\$38/\$48  
Exercise Room/Riggs

## Act F.A.S.T. with Stroke Awareness *New*

What would you do if you or a loved one was experiencing a stroke? Do you know the warning signs of a potential brain attack? Every minute counts! Join Robert Kretzmer, Vice President of the B-CC Rescue Squad and Paramedic Wilder Leavitt to learn strategies from the field and lifesaving information to act F.A.S.T.

51055 Th 4/23 1-2 PM Free  
Azalea Room

## Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

50582 Tu & Th 4/7-6/4 11 AM-12 PM \$48/\$60/\$72  
Exercise Room/Klopper

## Ancient Art of Aromatherapy *New*

Learn the many ways aromatherapy and essential oils can help with issues of pain and stress of the mind, body and spirit. You will learn about the many benefits of essential oils and how to use them safely. Presented by Adrienne Hausman, Masters Apprenticeship Program in Aromatherapy, Holistic Nutrition Certificate from American Naturopathic and Holistic Assoc. Certified in Reiki and Indian Champissage.

50657 Th 5/14 1-2:30 PM Free  
Azalea Room

## Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

50584 Tu & Th 4/7-6/4 1-2 PM \$53/\$65/\$78  
Exercise Room/Owen

**Follow us on  
Twitter and Instagram  
@rockvillerec**

# Seniors

## Cardio Fusion

Add some spice to your aerobic routine with this new class, which will combine the heart-healthy benefits of an aerobic workout using a variety of easy to follow Zumba and aerobic dance moves. Learn proper form and technique for each move before progressing to the next and then have fun putting them into practice for a great cardio workout.

50755 M 4/6-6/8 11:15 AM-12 PM \$33/\$41/\$48  
Carnation Room/Serrano Gonzalez

## Cardio Motion

Try this great program designed to offer 30 minutes of easy to follow cardio dance movements followed by 30 minutes of strength training for a complete workout. Mat work will be done in this class.

50588 M & W 4/6-6/8 1-2 PM \$48/\$60/\$68  
Exercise Room/Riggs

## Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

50589 F 4/10-6/5 1:30-2:30 PM \$30/\$37/\$43  
Exercise Room/Owen

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation.

50590 M & W 4/6-6/8 11 AM-12 PM \$48/\$60/\$68  
Exercise Room/Ramsey

## Chair Yo-Chi *New*

This seated mind-body class combines Chinese T'ai Chi movement patterns with yoga postures. This program helps with mobility and flexibility by combining the two oldest mind-body programs, while increasing overall wellness.

50747 Th 4/9-6/4 10-10:50 AM \$30/\$37/\$43  
Blossom Room/Serrano Gonzalez

## Creative Movement and Dance *New*

Join this fun, energetic class and enjoy dancing to famous show tunes! Be swept away while moving to great music. Enjoy the benefits of a great cardio workout.

50756 F 4/10-6/5 1:30-2:15 PM \$35/\$44/\$52  
Exercise Room/Devine

## Dance Party Fitness *New*

Come to this "dance party" style fitness class and have a blast dancing and grooving to songs from the 1950's to the present. Join us as we party around the world dancing from Big Band to Swing, Country to Salsa.

50757 Th 4/9-6/4 5-6 PM \$33/\$41/\$48  
Exercise Room/Riggs

## Diabetes Type 2 - Prevention *New*

Learn ways to change your lifestyle, improve your health and prevent Type 2 Diabetes. If you are overweight, have a family history or risk of diabetes, this program and support group will help guide you. This is a Center for Disease Control and Prevention (CDC) led National Diabetes Prevention Program. Group meets for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach. Program offered by I Control My Health, BaiQuest International, LLC, (CDC recognized).

50718 Tu 4/28-8/11 1-2 PM Free  
Blossom Room

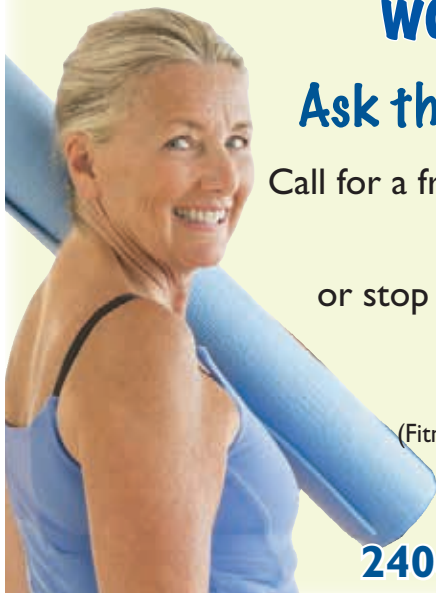
## Questions about your workout?

### Ask the Trainer!

Call for a free 15-minute appointment or stop by the Fitness Room desk.

(Fitness Members Only)

240-314-8813





# Seniors



## SHINGLES SHOTS

Tuesday, April 21, 10 a.m. – 1 p.m.

### Senior Center Health Room

Shots not covered by Medicare Part A or B.  
Most Medicare Part D covers at least  
a portion of the cost.

Contact your Medicare prescription plan and  
supplemental insurance to see if you are covered.

Registration required.  
Call Ashley at 240-965-2972.

### Easy Feet

Using fun, energetic music, you will learn easy to follow  
patterns while receiving a great light cardio workout. This  
class is appropriate for beginners.

50749 F 4/10-6/5 11:15 AM-12 PM \$30/\$37/\$43  
Exercise Room/Riggs

### Easy Zumba

Combine fun, energetic and motivating music with easy to  
follow movements and dance away your worries. Zumba  
is great for both the body and mind. This feel-happy  
workout will encourage you to keep coming back for more.  
Appropriate for beginners. Note: No class first Wednesday of  
each month.

50593 M, W 4/6-6/15 10-10:50 AM \$48/\$60/\$72  
Exercise Room/Serrano Gonzalez

### Finding a Happy Balance *New*

Every year, one out of three adults age 65 and over  
experiences an unexpected fall. In most cases, falls can be  
prevented. Suburban Hospital's Physical Therapy Clinical  
Coordinator Lynn Koenig will share practical and useful  
changes that can be made at home and while on the move to  
avoid preventable falls.

51056 Th 6/25 1-2 PM Free  
Azalea Room

### Fitness Club

Interested in becoming a Fitness Club member? Work out in  
our state of the art fitness room. Basic equipment training  
is required for new members. Instruction is offered by  
appointment only. You must be a Senior Center member to  
join the Fitness Club. The Fitness Club membership fee is \$85  
annually.

### Basic Exercise Machine Training

Training for Fitness Club members by appointment only.  
(Made at front desk).

50594 M-F 4/20-8/7 8 AM-6 PM \$15

### Exercise Machine Training - Plus

For more than the required basic training, make an appoint-  
ment with a certified personal trainer. Receive a one-on-one  
session and an exercise plan tailored to your individual needs.

50595 M-F 4/20-8/7 8 AM-6 PM \$40  
Fitness Room/TBA

### Forever Fit

Receive a total body workout that combines cardio exercise,  
strength training and flexibility. All exercises are done  
standing or seated in a chair. No mat work will be done.  
Exercises are appropriate for all fitness levels.

50596 Tu & Th 4/7-6/4 10-10:50 AM \$58/\$72/\$84  
Exercise Room/Maguire

## Ask the Wellness Coach!

*Let our coach check your  
body fat composition.*

Ask questions related to  
nutrition, diet and  
general health.

Call for your free 15-minute  
appointment or stop by the  
Fitness Room desk.

*(Fitness Members Only)*

**240-314-8813**



# Seniors

## Grow Your Brain at Any Age *New*

Join Dr. Fotuhi as he shares the new science and research behind improving cognitive performance and memory. Attendees will learn the parts of the brain important for memory, the changes with aging and how to reverse age-related brain atrophy while literally growing your brain. Dr. Fotuhi, MD, PhD, is one of the world's foremost authorities on memory, cognitive performance and aging and is the founder of the NeurExpand Brain Center.

50659 Th 4/16 1-2:30 PM Free  
Azalea Room



## Happiness: An Inside Job *New*

Is depression or anxiety beginning to rule your life? Are feelings of hopelessness, stress and worry occurring more frequently, with too little to no control? Learn helpful tips and practical approaches to restore happiness in life's smallest details with Cynthia London, a Suburban Hospital Licensed Clinical Social Worker.

51105 Th 5/28 1-2 PM Free  
Azalea Room

## Indoor Walking

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

50598 Tu & Th 4/7-6/4 12:15-12:45 PM \$25/\$30/\$38  
Exercise Room/Owen

## Nutrition for Older Americans *New*

This presentation will discuss how to address some of today's hottest topics such as calcium and Vitamin D, sarcopenic obesity, whole grains, power drinks, kale and quinoa and much more. Presented by Melanie Polk, MMSc, RDN, FADA, Director, Senior Nutrition Program, Montgomery Co. HHS. The afternoon will end with a Q and A session.

50656 W 4/15 1-2:30 PM Free  
Azalea Room

## Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

### One - 1 Hour Session

50602 M-F 3/23-7/10 9 AM-6 PM \$49

### Two - 1 Hour Sessions

50603 M-F 3/23-7/10 9 AM-6 PM \$95

### Three - 1 Hour Sessions

50604 M-F 3/23-7/10 9 AM-6 PM \$135

### Six - 1 Hour Sessions

50605 M-F 3/23-7/10 9 AM-6 PM \$250

### Ten - 1 Hour Sessions

50606 M-F 3/23-7/10 9 AM-6 PM \$395  
Fitness Room/TBA

## Senior Abs and Back

The core is the key to better posture, better balance and better movement. This class will focus on the core through exercises using your upper and lower abdominals, pelvic floor, obliques, buttocks and mid and lower back muscles. Most exercises will be done on the floor; participants must be able to get up and down from the mat.

51059 Tu 4/7-6/2 5-5:45 PM \$32/\$40/\$48  
Exercise Room/Serrano Gonzalez

## Senior Core Fusion

Condition your body and increase flexibility in this fusion class, which is a combination of yoga, Pilates and functional core training. Stability balls and mats will be provided.

50612 F 4/10-6/5 2:30-3:15 PM \$40/\$48/\$57  
Exercise Room/Devine



# Seniors



## Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center.

50614	M & W	3/23-6/15	1:30-2:15 PM	Free
50615	M & W	3/23-6/15	2:20-3:05 PM	Free

Carnation Room/Aehle

## Senior Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants will use weights and mats. This workout is for all fitness levels.

50758	Sa	4/11-6/6	10-11 AM	\$38/\$48/\$57
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Fitness Room/Owen

## Senior Interval Training

Looking to increase your level of fitness? This class will challenge active seniors to increase energy, reduce stress and build confidence combining strength training, cardio and core work. Mat work will be done.

51169	M	4/6-4/8	3-4 PM	\$43/\$54/\$64
50616	W	4/8-6/3	2:15-3:15 PM	\$43/\$54/\$64

Exercise Room/Maguire

## Senior Pilates Basics

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). This class is appropriate for beginners.

50619	M	3/30-6/1	8:45-9:30 AM	\$57/\$71/\$85
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Thomas Farm CC/TBA

## Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

50617	Tu	4/7-6/2	2:15-3 PM	\$57/\$71/\$85
50618	Tu & Th	4/7-6/4	2:15-3 PM	\$98/\$122/\$147

Exercise Room/Klopper

## Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. This class includes work on the mat.

50620	F	4/10-6/5	9-9:45 AM	\$40/\$50/\$60
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Thomas Farm CC/Ramsey

## Senior Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands, as well as core-strengthening mat work. We will finish the class with 15 minutes of yoga, leaving the body stretched and relaxed. This class includes work done on the mat.

50751	M	4/6-6/8	6:15-7 PM	\$40/\$50/\$60
50621	F	4/10-6/5	9-9:45 AM	\$40/\$50/\$60

Exercise Room/Biedscheid/Maguire

## Senior Strength Training

This class is designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. This class includes work done on the mat.

50622	Tu & Th	4/7-6/4	9-9:45 AM	\$64/\$80/\$96
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Exercise Room/Ramsey





# Seniors

## Rockville Senior Center

# HEALTH FAIR



Wednesday, May 27

11 a.m. - 1:30 p.m.

**FREE**

Health screenings  
healthy snacks and more!!

### Senior T'ai Chi Ch'uan - Beg./Inter.

Combine body movement, breathing and mental awareness to promote health and relaxation. This class will incorporate and compare different styles of T'ai Chi, which will include certain historical and cultural aspects. For Senior Center members only. Note: Class is not held the third Thursday of each month.

50623 Tu & Th 4/7-6/11 10-10:50 AM \$8  
Carnation Room/Gegan

### Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels. This class includes work done on the mat.

50625 W 4/8-6/3 5-6 PM \$44/\$55/\$66  
Exercise Room/Biedscheid

### Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

50626 W & F 4/8-6/5 (W) 9:50-10:50 AM \$93/\$116/\$139  
Exercise Room/Figlure (F) 10-11 AM

### Show Stoppers

A spin-off group from the senior aerobic workout class, the Show Stoppers perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star. For Senior Center members only.

50628 Tu, F 4/28-6/26 12:15-1 PM Free  
Carnation Room/Riggs

### Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 28 years.

51060 M 4/13-6/15 1-2 PM \$30/\$35/\$40  
Blossom Room

### Total Conditioning Workout

This strength building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work.

50634 M 4/6-6/8 9-9:45 AM \$44/\$55/\$66  
50635 F 4/10-6/5 12:15-1 PM \$44/\$55/\$66  
Exercise Room/Klopper

### Triple Zen *New*

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates in this fusion class, performed in a flowing pattern. Bring a yoga sticky mat.

50759 M 4/6-6/8 12:15-1 PM \$45/\$56/\$67  
Carnation Room/TBA

### Yo-Chi

This mind-body class combines standing and floor-based yoga postures with Chinese T'ai Chi movement patterns for the arms and legs. This fusion program will improve stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Bring a yoga sticky mat. Modifications are available. Class for most fitness level.

50760 M 4/6-6/8 2:10-2:50 PM \$30/\$37/\$43  
Exercise Room/Serrano Gonzalez

# Seniors

## Yoga Flow

Sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat.

50637 Tu & Th 4/7-6/4 1-2 PM \$65/\$81/\$98  
Exercise Room/Serrano Gonzalez

## Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

50638 W 4/8-6/3 8:45-9:30 AM \$48/\$59/\$68  
Exercise Room/TBA

## Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total body workout.

50640 M 4/6-6/8 5-6 PM \$33/\$41/\$48  
50642 Sa 4/11-6/6 11 AM-12 PM \$33/\$41/\$48  
Exercise Room/Riggs/Brandstadter

## Zumba Party

If you like music and dancing, come join the Zumba Party. Get a taste for Salsa, Merengue and other Latin dances. Learn the moves as you go. Instruction will be provided. All levels of experience are welcome.

51058 Tu 3/31 1:30-3 PM \$5/\$8/\$12  
Carnation Room/Serrano Gonzalez/Riggs



## Sports - Instructional

**We recommend bringing a water bottle to all sports programs.**



### Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

50585 W,F 4/17-6/10 8:45-9:45 AM Free  
Twinbrook CRC Gymnasium

### Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

50632 M 4/13-5/18 1-2 PM \$28/\$35/\$42  
Game Room

### Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination. Paddles and balls available.

50631 W 4/15-5/20 1-2 PM \$28/\$35/\$42  
Game Room

### Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring. Paddles and balls available.

50630 F 4/17-5/22 1-2 PM \$28/\$35/\$42  
Game Room

### Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. For Senior Center members only.

50636 F 4/10-6/5 10 AM-12 PM Free  
Azalea Room

# Seniors

## Sports - Leagues

We recommend bringing a water bottle to all league practices and games.



### Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Front Desk. For Senior Center members only.

50587 Tu & Th 3/31-6/18 10-11 AM Free  
Bocce Ball Court

### Sign up for City of Rockville Emergency Notifications



# ALERT Rockville

[rockvillemd.gov/alerts](http://rockvillemd.gov/alerts)



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

#### Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information - mobile phone number, home phone number, email.
5. Enter up to five locations.

For more information and to sign up, visit [www.rockvillemd.gov/alerts](http://www.rockvillemd.gov/alerts).



Public Safety • Severe Weather • Traffic

## Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.- 7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 5 p.m. and Saturday, 8:30 a.m.- 2:45 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesday, 9-10 a.m. For Senior Center members only.

50597 M-Sa 3/30-6/20 Times listed above Free  
Game Room

## Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

50601 W,F 4/24-6/10 10-11 AM Free  
Twinbrook CRC Gymnasium

## Senior Duffers

It is time to begin the 2015 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available. Join us for our Annual Duffers Organizational Meeting on March 25, at 10:00 a.m. at the Rockville Senior Center.

50613 M 4/27-8/31 7:30 AM-1 PM \$6/\$7/\$9  
Senior Center/Reamy





# Seniors

## Trips

### TRIP REGISTRATION



#### In-Person Lottery

**Tuesday, March 10, 10:30 a.m.**

Senior Center Members and Residents  
Numbers distributed random order, 10:15 a.m.

**Friday, March 13**

Nonresidents and Nonmembers  
Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.

### A Springtime Mystery

We CAN tell you that the trip this spring will be a wonderful outing of fun, friendship, food and laughter. We just CAN'T tell you where we are going and spoil the surprise. Join us for the newest mystery trip. Trip includes: leadership, lunch, charter bus transportation and everything else we have planned for you!

50571 W 4/8 8:15 AM-3:15 PM \$80/\$100/\$115  
Departs: Glenview Mansion

### "1776" at Toby's

For 35 years Toby's Dinner Theatre in Columbia has been presenting Broadway musicals with over 70 Helen Hayes Nominations to its credit. This funny, insightful show is centered around the signing of the Declaration of Independence. The '1776' musical score, with thought-provoking lyrics, will be performed by a live orchestra. The drive is short but the evening will long be remembered. Trip includes: charter bus transportation, leadership, buffet dinner and show.

50572 Tu 4/28 5-11:30 PM \$70/\$88/\$101  
Departs: Glenview Mansion

### Rawlings Conservatory

Take a virtual trip around the world and through history with a guided tour of the Rawlings Conservatory in the Druid Hill Park neighborhood of Baltimore. We will have a tour of the five distinct areas in this small but quaint Victorian-era conservatory and greenhouse complex: the Desert House, Tropical House, Mediterranean Room, the Orchid Room and the 1888 Palm House. There will be time to explore the one acre park and its 35 colorful, spring flowerbeds followed by lunch locally. Trip includes: tour, leadership, lunch and charter bus transportation.

51009 Th 5/14 9 AM-3 PM \$60/\$75/\$92  
Departs: Glenview Mansion

### "The Nerd" - Totem Pole Playhouse

Laughter abounds with this wonderful comedy about the bonds, trials and tribulations of friendship. We will stop for a delicious family-style lunch at Hickory Bridge Farm Restaurant in the Pennsylvania countryside prior to the show at the Totem Pole Playhouse. A professional theatre celebrating its 65th year in Caledonia State Park, the Totem Pole will be our host for a perfect afternoon. Trip includes: lunch, leadership, charter bus transportation and show.

50573 Tu 6/9 9:30 AM-6:30 PM \$89/\$110/\$125  
Departs: Glenview Mansion

### Washington Nationals Baseball

Join us for a great game between two power house teams of the National League, the Washington Nationals and the Atlanta Braves. We have fabulous clubhouse level seats for the 4:05 pm game. The Nats had a winning season last year, so come along and root for the home team. Note: food and beverages are on your own. Trip includes: charter bus transportation, leadership and tickets.

50574 Th 6/25 2-8:30 PM \$85/\$106/\$122  
Departs: Glenview Mansion



# Aquatics

## Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)  
 240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive “sprayground,” 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**No classes Memorial Day Weekend  
May 23-25**

**Fees:**

**M = RSFC Member • NM = Non-RSFC Member**

### Registration Procedures

**Swim Center Members**

Thursday, March 12, 8:30 a.m.

**Swim Center Non-members**

Tuesday, March 17, 8:30 a.m.

**Registration Deadline**

**One week prior to start date**

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See [www.rockvillemd.gov/swimcenterfeeschedule](http://www.rockvillemd.gov/swimcenterfeeschedule) for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.

Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

**Mail to:**

Swimming Lessons

RSFC

355 Martins Lane

Rockville, MD 20850

**Fax to:**

Swimming Lessons

240-314-8759

### Please Note:

The Rockville Swim and Fitness Center is moving forward on a project that will replace the South Pool deck and renovate the heating, ventilation and air-conditioning (HVAC) system in the pool area. While we look forward to the completion of repairs and renovations, the construction process will inevitably cause service interruptions to various users and programs. Work could begin as early as late spring. The project is expected to take nine months to complete, during which time the North Pool and outdoor facilities may be used for Center programs. As details of the construction timeline are finalized, arrangements for program and facility schedule alterations will be shared with customers of the Swim and Fitness Center. We will communicate with customers via the “Notify Me” email group (sign up online at [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)), and by notices posted at the facility and on the website.

# Aquatics

## Adult/Child Swim

**An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.**

### Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 months				M/NM
50794	Tu	4/21-6/9	9-9:30 AM	\$71/\$89
50795	Sa	4/25-6/13	10:50-11:20 AM	\$62/\$78
50796	Su	4/26-6/14	10:15-10:45 AM	\$62/\$78

### Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18-36 months				M/NM
50797	M	4/20-6/8	2-2:30 PM	\$62/\$78
50798	Th	4/23-6/11	9-9:30 AM	\$71/\$89
50799	Sa	4/25-6/13	10:15-10:45 AM	\$62/\$78
50802	Sa	4/25-6/13	8:30-9 AM	\$62/\$78
50800	Su	4/26-6/14	8-8:30 AM	\$62/\$78
50801	Su	4/26-6/14	9:40-10:10 AM	\$62/\$78
50803	Su	4/26-6/14	11:25-11:55 AM	\$62/\$78

### Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5				M/NM
50785	W	4/22-6/10	2-2:30 PM	\$71/\$89
50786	Th	4/23-6/11	9:30-10 AM	\$71/\$89
50787	Sa	4/25-6/13	11:25-11:55 AM	\$62/\$78
50788	Sa	4/25-6/13	9:05-9:35 AM	\$62/\$78
50789	Su	4/26-6/14	9:05-9:35 AM	\$62/\$78
50790	Su	4/26-6/14	10:50-11:20 AM	\$62/\$78

### Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5				M/NM
50791	Sa	4/25-6/13	9:40-10:10 AM	\$62/\$78
50793	Su	4/26-6/14	8:30-9 AM	\$62/\$78

### Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
50815	M	4/20-6/8	4:40-5:10 PM	\$67/\$84
50816	W	4/22-6/10	4:40-5:10 PM	\$77/\$96

## Preschool Swim

**We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.**

### Floaters 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
50820	M	4/20-6/8	3:30-4 PM	\$67/\$84
50821	M	4/20-6/8	4:05-4:35 PM	\$67/\$84
50822	Tu	4/21-6/9	4:30-5 PM	\$77/\$96
50823	Tu	4/21-6/9	5:05-5:35 PM	\$77/\$96
50824	Tu	4/21-6/9	5:40-6:10 PM	\$77/\$96
50825	W	4/22-6/10	4:05-4:35 PM	\$77/\$96
50826	Th	4/23-6/11	5:40-6:10 PM	\$77/\$96
50827	F	4/24-6/12	3:30-4 PM	\$77/\$96



# Aquatics

50828	F	4/24-6/12	4:40-5:10 PM	\$77/\$96
50829	Sa	4/25-6/13	9-9:40 AM	\$67/\$84
50830	Sa	4/25-6/13	9:45-10:25 AM	\$67/\$84
50831	Sa	4/25-6/13	10:30-11:10 AM	\$67/\$84
50832	Sa	4/25-6/13	11:15-11:55 AM	\$67/\$84
50833	Su	4/26-6/14	9-9:40 AM	\$67/\$84
50834	Su	4/26-6/14	9:45-10:25 AM	\$67/\$84
50835	Su	4/26-6/14	10:30-11:10 AM	\$67/\$84
50836	Su	4/26-6/14	11:15-11:55 AM	\$67/\$84
50837	Su	4/26-6/14	12-12:40 PM	\$67/\$84

## Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and can swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience is recommended.

Age: 4-6				M/NM
50838	M	4/20-6/8	4:05-4:35 PM	\$67/\$84
50839	Tu	4/21-6/9	5:05-5:35 PM	\$77/\$96
50840	W	4/22-6/10	3:30-4 PM	\$77/\$96
50841	Th	4/23-6/11	5:05-5:35 PM	\$77/\$96
50842	Th	4/23-6/11	4:30-5 PM	\$77/\$96
50843	F	4/24-6/12	4:05-4:35 PM	\$77/\$96
50844	F	4/24-6/12	3:30-4 PM	\$77/\$96
50845	Sa	4/25-6/13	9:45-10:25 AM	\$67/\$84
50846	Sa	4/25-6/13	11:15-11:55 AM	\$67/\$84
50848	Sa	4/25-6/13	9-9:40 AM	\$67/\$84
50847	Su	4/26-6/14	9-9:40 AM	\$67/\$84
50849	Su	4/26-6/14	9:45-10:25 AM	\$67/\$84
50850	Su	4/26-6/14	11:15-11:55 AM	\$67/\$84

## Strokers I

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least eight yards should take this class. The focus will be on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills will also be taught.

Age: 4-7				M/NM
50869	W	4/22-6/10	4:05-4:35 PM	\$77/\$96
50870	Th	4/23-6/11	5:05-5:35 PM	\$77/\$96
50871	F	4/24-6/12	4:40-5:10 PM	\$77/\$96
50872	Sa	4/25-6/13	9:45-10:25 AM	\$67/\$84
50873	Su	4/26-6/14	9-9:40 AM	\$67/\$84
50874	Su	4/26-6/14	11:15-11:55 AM	\$67/\$84

## Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl, elementary backstroke and treading water. Students will be introduced to coordinated breaststroke.

Age: 4-7				M/NM
50875	Tu	4/21-6/9	5:40-6:10 PM	\$77/\$96
50876	W	4/22-6/10	4:40-5:10 PM	\$77/\$96
50877	Th	4/23-6/11	4:30-5 PM	\$77/\$96
50878	Sa	4/25-6/13	9-9:40 AM	\$67/\$84
50879	Su	4/26-6/14	9:45-10:25 AM	\$67/\$84
50880	Su	4/26-6/14	10:30-11:10 AM	\$67/\$84

## Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and backstroke. A legal competitive breaststroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team.

Age: 5-7				M/NM
50860	M	4/20-6/8	4:40-5:10 PM	\$67/\$84
50859	Th	4/23-6/11	5:40-6:10 PM	\$77/\$96
50861	Sa	4/25-6/13	10:30-11:10 AM	\$67/\$84

## Children/Teen Swim

**We love parents . . . but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.**

## Youth I

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming seven yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
50900	W	4/22-6/10	3:30-4 PM	\$71/\$88
50901	F	4/24-6/12	4:05-4:35 PM	\$71/\$88
50902	Sa	4/25-6/13	9:45-10:25 AM	\$62/\$77
50903	Sa	4/25-6/13	10:30-11:10 AM	\$62/\$77
50904	Su	4/26-6/14	10:30-11:10 AM	\$62/\$77
50905	Su	4/26-6/14	12-12:40 PM	\$62/\$77

# Aquatics

## Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim seven yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 7+					M/NM
51040	M	4/20-6/8	3:30-4 PM	\$62/\$77	
50906	Tu	4/21-6/9	4:30-5 PM	\$71/\$88	
50907	Sa	4/25-6/13	9-9:40 AM	\$62/\$77	
50908	Sa	4/25-6/13	11:15-11:55 AM	\$62/\$77	
50909	Su	4/26-6/14	9-9:40 AM	\$62/\$77	
50910	Su	4/26-6/14	12-12:40 PM	\$62/\$77	

## Youth 3

Children who can swim a combined stroke for ten yards on their front and back should take this class. Children will learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+					M/NM
50911	Sa	4/25-6/13	10:30-11:10 AM	\$62/\$77	
50912	Sa	4/25-6/13	11:15-11:55 AM	\$62/\$77	
50913	Su	4/26-6/14	9:45-10:25 AM	\$62/\$77	
50914	Su	4/26-6/14	10:30-11:10 AM	\$62/\$77	
50915	Su	4/26-6/14	12-12:40 PM	\$62/\$77	

## Water Safety Day

Friday, May 29 • 3:30-6:30 p.m.

Gaithersburg Water Park

512 S. Frederick Ave., Gaithersburg

Stay safe at the pool this summer!

FREE swimming event hosted by:

City of Gaithersburg

Montgomery County

City of Rockville

LEARN:

Preventing drowning, Proper use of life jackets

Water rescue skills, Skin cancer prevention

Swim lessons (evaluations offered)

Held Rain or Shine

## Youth 4

Children who are comfortable in deep water and can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children will work on perfecting front and backstroke and treading water. Coordinated breaststroke will be introduced. Prerequisite: Youth 3.

Age: 7+					M/NM
50916	Sa	4/25-6/13	10:30-11:10 AM	\$62/\$77	
50917	Sa	4/25-6/13	11:15-11:55 AM	\$62/\$77	
50918	Su	4/26-6/14	9-9:40 AM	\$62/\$77	
50919	Su	4/26-6/14	9:45-10:25 AM	\$62/\$77	
50920	Su	4/26-6/14	10:30-11:10 AM	\$62/\$77	
50921	Su	4/26-6/14	11:15-11:55 AM	\$62/\$77	
50922	Su	4/26-6/14	12-12:40 PM	\$62/\$77	

## Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn bi-lateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes will be refined.

Age: 7+					M/NM
50923	Sa	4/25-6/13	9-9:40 AM	\$62/\$77	
50924	Sa	4/25-6/13	11:15-11:55 AM	\$62/\$77	
50925	Su	4/26-6/14	9-9:40 AM	\$62/\$77	
50926	Su	4/26-6/14	9:45-10:25 AM	\$62/\$77	
50927	Su	4/26-6/14	11:15-11:55 AM	\$62/\$77	

## Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, backstroke and 15 yards of side stroke and breaststroke, all in good form. Children will work on breaststroke, butterfly and turns in addition to refining other strokes.

Age: 7+					M/NM
50928	Sa	4/25-6/13	9:45-10:25 AM	\$62/\$77	
50929	Su	4/26-6/14	9:45-10:25 AM	\$62/\$77	
50930	Su	4/26-6/14	10:30-11:10 AM	\$62/\$77	

# Aquatics

## Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 7+				M/NM
50931	Sa	4/25-6/13	10:30-11:10 AM	\$62/\$77
50932	Su	4/26-6/14	9-9:40 AM	\$62/\$77
50933	Su	4/26-6/14	11:15-11:55 AM	\$62/\$77
50934	Su	4/26-6/14	12-12:40 PM	\$62/\$77

## Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17				M/NM
50885	Su	4/26-6/14	12-12:45 PM	\$62/\$77

## Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Prerequisite: Youth 6 and 7

Age: 7+				M/NM
50886	Sa	4/25-6/13	9-9:40 AM	\$62/\$77
50887	Sa	4/25-6/13	9:45-10:25 AM	\$62/\$77
50888	Su	4/26-6/14	10:30-11:10 AM	\$62/\$77
50889	Su	4/26-6/14	11:15-11:55 AM	\$62/\$77

# NOW HIRING

## Lifeguards, Water and Land Fitness Instructors

For additional information,  
call 240-314-8750  
[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)

## Triathlon Training for Kids - Intermediate

Designed to improve the swimming component for your young triathlete, this class will reinforce the competition basics. Kids will improve their freestyle while learning triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, as well as what to expect at the start of a race. Participants must be capable of swimming 200 meters of freestyle without stopping. Previous racing history is helpful.

Age: 7-12				M/NM
51159	Sa	4/25-6/13	7:30-8:25 PM	\$62/\$70

## Adult Swim

### Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
50766	Tu	4/21-6/9	8:25-9:10 PM	\$71/\$88
50765	W	4/22-6/10	8:35-9:20 PM	\$71/\$88

### Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
50767	W	4/22-6/10	8:35-9:20 PM	\$71/\$88
50768	Th	4/23-6/11	8:25-9:10 PM	\$71/\$88

### Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+				M/NM
50769	Tu	4/21-6/9	8:25-9:10 PM	\$71/\$88



# Aquatics

## Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+				M/NM
50770	Th	4/23-6/11	8:25-9:10 PM	\$71/\$88

## Adult Water Fitness

### Aqua Blast

Start your day off right with a fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+				M/NM
50771	Tu & Th	4/21-6/11	6:35-7:20 AM	\$74/\$90

### Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
51034	M	4/20-6/8	10:15-11 AM	\$33/\$40
50772	W	4/22-6/10	10:15-11 AM	\$37/\$45
50773	F	4/24-6/12	10:15-11 AM	\$37/\$45

### Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+				M/NM
50774	M & W	4/20-6/10	8:30-9:15 AM	\$70/\$85
50776	Tu & Th	4/21-6/11	8:30-9:15 AM	\$74/\$90
50778	Tu & Th	4/21-6/11	9:15-10 AM	\$74/\$90
50775	W & F	4/22-6/12	8:30-9:15 AM	\$74/\$90
50777	F	4/24-6/12	8:30-9:15 AM	\$37/\$45

## Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
50779	M	4/20-6/8	9:15-10 AM	\$33/\$40
50780	W	4/22-6/10	9:15-10 AM	\$37/\$45

## Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
51080	Tu	4/21-6/9	10:15-11 AM	\$37/\$45
50782	Th	4/23-6/11	10:15-11 AM	\$37/\$45
50783	F	4/24-6/12	9:15-10 AM	\$37/\$45

## Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
50807	Tu	4/21-6/9	10:10-10:55 AM	\$37/\$45
50809	Tu & Th	4/21-6/11	10:10-10:55 AM	\$74/\$90
50808	Th	4/23-6/11	10:10-10:55 AM	\$37/\$45

## Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Flotation belts are used.

Age: 16+				M/NM
50810	M	4/20-6/8	9:15-10 AM	\$33/\$40
50813	Tu	4/21-6/9	7:35-8:20 PM	\$37/\$45
50811	W	4/22-6/10	9:15-10 AM	\$37/\$45
50814	Th	4/23-6/11	7:35-8:20 PM	\$37/\$45
50812	F	4/24-6/12	9:15-10 AM	\$37/\$45

# Aquatics

## H2O Walking

Did you know thirty minutes of water walking equals two hours of land walking? Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Taught in chest deep and shallow water. Music is used.

Age: 16+				M/NM
50851	M	4/20-6/8	9:20-10:05 AM	\$33/\$40
50854	Tu	4/21-6/9	7:35-8:20 PM	\$37/\$45
50852	W	4/22-6/10	9:20-10:05 AM	\$37/\$45
50855	Th	4/23-6/11	7:35-8:20 PM	\$37/\$45
50853	F	4/24-6/12	9:20-10:05 AM	\$37/\$45

## Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+				M/NM
50881	Tu	4/21-6/9	11:10-11:55 AM	\$40/\$49
50882	Tu	4/21-6/9	9:15-10 PM	\$40/\$49
50883	Th	4/23-6/11	11:10-11:55 AM	\$40/\$49
50884	Th	4/23-6/11	9:15-10 PM	\$40/\$49

## Check Out Our Fitness Room

### Featuring:

- Rowing Machines
- 5 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

**240-314-8750**

[www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter)



## Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+				M/NM
50890	Su	4/26-6/14	7-8:30 PM	\$80/\$90

## Triathlete Swim Speed Development

Class is designed for athletes preparing for Sprint to Half Ironman distance races or open water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+				M/NM
50891	Sa	4/25-6/13	6:30-8 PM	\$93/\$105

## Triathlon Open Swim

Can't wait for race season to start? Test out your wetsuit and practice your open water skills in the outdoor 50 meter fitness pool! The lane lines will be removed from the pool for this pre-season event so swimmers can practice pack swimming, sighting and drafting in a non-competitive atmosphere. Seasoned triathletes, open water swimmers and beginners are all welcome. To avoid overcrowding we have split this event into two start times. The water is cold so bring your wetsuit.

Age: 16+				M/NM
50892	Sa	5/2	9-10 AM	\$10/\$12
50893	Sa	5/2	10-11 AM	\$10/\$12
50894	Su	5/3	9-10 AM	\$10/\$12
50895	Su	5/3	10-11 AM	\$10/\$12

# Aquatics

## Triathlon Swim Clinic

This clinic is designed to help develop a more effective and efficient freestyle stroke, and to prepare the athlete for open water/triathlon swimming. Drills and workouts will focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+					M/NM
50896	Su	4/26-6/14	8:05-8:55 AM		\$62/\$70

## Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 14+					M/NM
50897	M & W	4/20-6/10	9:15-10:15 AM		\$79/\$99
50898	Tu & Th	4/21-6/11	8:30-9:30 AM		\$84/\$106



## Senior Swim

**Note: Senior residents pay the member fee.**

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+					M/NM
50764	Tu & Th	4/21-6/11	2:05-2:50 PM		\$36/\$45

### Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+					M/NM
50866	M, W & F	4/20-6/12	10:10-10:55 AM		\$52/\$65

### Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+					M/NM
50865	M, W & F	4/20-6/12	11:05-11:50 AM		\$52/\$65

### Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+					M/NM
50867	M & W	4/20-6/10	2:35-3:20 PM		\$34/\$42

## Special Swim

### Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+					M/NM
50784	Tu & Th	4/21-6/11	10:10-10:55 AM		\$84/\$106



# Aquatics



## Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+				M/NM
50862	M,W & F	4/20-6/12	6:30-7:30 AM	\$104/\$126
50863	M & W	4/20-6/10	6:30-7:30 AM	\$80/\$98
50864	M	4/20-6/8	6:30-7:30 AM	\$46/\$56

## Women's Synchronized Swimming

Interested in learning a new sport? Synchronized swimming is an exceptional physical workout. Join us and combine swimming and exercise! This exciting program will teach water movements and the strokes you need. Class may be split according to ability.

Age: 18+				M/NM
50899	Tu	4/21-6/9	9:40-11 AM	\$63/\$79

## Certification and Training

**Note: For the certification and training classes, there is one fee for members and nonmembers.**

### CPR/AED for the Professional Rescuer

The purpose of this American Red Cross course is to teach the skills needed to respond appropriately to breathing and cardiac emergencies. This full length course includes the use of automated external defibrillation. This class is for nurses, technicians, lifeguards, doctors, EMTs, paramedics and anyone else in the health care profession. (Lifeguards should take this course if their CPR/AED cert has already expired.)

Ages: 15+				M/NM
50804	Sa-Su	4/4 & 4/5	4-9 PM	\$125
50805	Su	5/3 & 5/10	12-4 PM	\$125
50806	Th	5/28 & 6/4	6-10 PM	\$125

### First Aid (American Red Cross)

This American Red Cross First Aid course will give individuals the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illness until advanced medical personnel arrive and take over. Perfect for daycare employees, camp counselors, baby sitters, parents and or anyone responsible for the care of someone else.

Ages: 15+				M/NM
50817	Tu	4/7	4-9 PM	\$60
50818	M	5/4	4-9 PM	\$60
50819	W	6/3	4-9 PM	\$60

### Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR. Please view our website for up-to-date training schedules. Visit [www.rockvillemd.gov/swimcenter](http://www.rockvillemd.gov/swimcenter).

Age: 15+				M/NM
49938	Days vary		4/6-4/10	\$195
49940	Days vary		4/25-5/3	\$195

### Lifeguard Training Review

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must have a current Lifeguard certification and pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR.

Age: 15+				M/NM
49936	Sa-Su	4/11 & 4/12	3-10:30 PM	\$125
49342	Sa-Su	3/21 & 3/22	3-10:30 PM	\$125
49937	Sa-Su	5/9 & 5/10	3-10:30 PM	\$125

## Cultural Arts

### *Rockville Concert Band*

John Saint Amour, Director  
F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

### *2015 Concert Series*

#### **"An American Collage"**

Favorite works by American composers  
March 15, 3 p.m.

#### **"Music for All Ages: Reel Music"**

April 12, 3 p.m.

No tickets required; \$5 suggested donation.  
[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)  
240-314-8681

## GLENVIEW MANSION

### ***National Register of Historic Places***

Enjoy the 1926 grandeur of the  
Mansion and formal gardens.

### **Discover Rockville's Hidden Treasure in Rockville Civic Center Park**

Special rental discounts for  
Rockville residents and businesses.

**240-314-8660**

[www.rockvillemd.gov/glenview](http://www.rockvillemd.gov/glenview)  
603 Edmonston Drive



## *Glenview Mansion* Art Gallery

2<sup>nd</sup> floor Spring Exhibits

### **Feb. 22 - March 5**

#### **Rockville Student Art Show**

Varied media from students, K-12

Artwork Delivery:

Sunday, Feb. 15, 1:30-3:30 p.m.

Opening Reception:

Sunday, Feb. 22, 1:30-3:30 p.m.



### **March 29 - April 5**

Jorge Bernal – encaustic monotypes

Alexey Zoob – oil on linen

Strings and Things - fiber

Opening Reception:

Sunday, March 29, 1:30-3:30 p.m.

### **May 3 - 29**

Rockville Art League/Juried Members' Show

Varied media

Opening Reception:

Sunday, May 3, 1:30-3:30 p.m.

**FREE** – Open to the public • 240-314-8282  
[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)

# Cultural Arts



## F. Scott Fitzgerald Evening of Literature

Join Jackson Bryer and Eleanor Heginbotham from the F. Scott Fitzgerald Literary Festival to discuss views and examine aspects of this story. Light refreshments will be served. \$10 per evening, 7-9 p.m.

### Everybody Was So Young: Gerald and Sara Murphy, A Lost Generation Story

by Amanda Vaill

**Tuesday, March 24**

The “enchanting” Murphys close friends of the Fitzgerald and models for “Tender is the Night’s” fascinating Divers, are revealed with other famous residents of the 1920’s Rivera and Paris.

**Conservatory at Glenview Mansion  
Rockville Civic Center Park**

603 Edmonston Drive, Rockville, MD 20851

Call Betty Wisda at 240-314-8681  
or send an  
email to [bwisda@rockvillemd.gov](mailto:bwisda@rockvillemd.gov)  
to reserve a space.

## Sunday Afternoon Concert Series

**Glenview Mansion**

1<sup>st</sup> floor Conservatory • 2 P.M.

### March 29 - The Piano Man

Jerry Roman delights with his energy and talent. Come, sing-a-long and play “Name that Tune”

### May 3 - The Rockville Singers

Sing in the spring  
Performing a variety of choral arrangements.

### June 7 - Beau Soir Duo

The lush sounds of the flute and harp will melt your stress and leave you feeling light-hearted.



## Rockville Chorus

Bryan Seith, Director

## Spring Concert

Sunday, May 17, 7:30 p.m.

F. Scott Fitzgerald Theatre  
Rockville Civic Center Park

Open to the public – No tickets required.  
240-314-8682  
[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)



## Cultural Arts

### Rockville Student Art Show

**Who -** Students who live or attend school within City of Rockville corporate limits. Grades K-12

**What -** Students may submit one 2-D or 3-D work of art in any medium. Judging for ribbon awards, by grade level. Grades 4-12

**When -** Registration/Delivery of Artwork:  
Sunday, Feb. 15, 1:30-3:30 p.m.

**Where -** Glenview Mansion Art Gallery  
Rockville Civic Center Park  
603 Edmonston Drive  
Rockville, MD 20851

Opening Reception  
Sunday, February 22  
1:30-3:30 p.m.

Student Artwork on Exhibit  
February 22 - March 5

240-314-8682  
[www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts)



### Rockville Civic Ballet

Claudia Mangan, Director



### "Swan Lake"

(Act 3 and Act 4)

This ballet tells the story of Odette, a princess turned into a swan by an evil sorcerer's curse.

**Saturday, March 21, 7:30 p.m.**  
**Sunday, March 22, 2 p.m.**

**Tickets:** \$17 Adults  
\$13 Children  
(12 years old and under)  
\$13 Senior Citizens  
(60 years old and older)

**Group Rates:** \$16.50 for 7 or more  
Adult tickets  
\$12.50 for 10 or more  
Children/Senior Citizens tickets

Assigned seat tickets may be purchased in person, by telephone or by mail order at the F. Scott Fitzgerald Theatre Box Office.

### F. Scott Fitzgerald Theatre

Rockville Civic Center Park  
[www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre)

For Tickets: 240-314-8690

## Cultural Arts

### *F. Scott Fitzgerald Theatre*

Rockville Civic Center Park • 603 Edmonston Drive • Rockville MD 20851

**240-314-8690**

#### **Rockville Concert Band**

AN AMERICAN COLLAGE

Sunday, March 15 at 3 p.m.

No tickets required; \$5 suggested donation.

#### **Rockville Civic Ballet**

SWAN LAKE (Act 3 and Act 4)

Saturday, March 21 at 7:30 p.m.

Sunday, March 22 at 2 p.m.

TICKETS: \$13 to \$17

#### **Rockville Concert Band**

MUSIC FOR ALL AGES: REEL MUSIC

Sunday, April 12 at 3 p.m.

No tickets required; \$5 suggested donation.

#### **Rockville Little Theatre**

TO KILL A MOCKINGBIRD

Fridays, April 24 and May 1 at 8:00 p.m.

Saturdays, April 25 and May 2 at 8:00 p.m.

Sundays, April 26 and May 3 at 2:00 p.m.

Tickets: \$20 to \$22

#### **Dawn Crafton Dance Connection**

SPRING PRODUCTION

Thursday, May 14 at 7 p.m.

Friday, May 15 at 7 p.m.

Saturday, May 16 at 4:30 p.m. and 7 p.m.

Sunday, May 17 at noon and 3 p.m.

Tickets available by calling 301-840-8400

#### **Rockville Chorus**

SPRING CONCERT

Sunday, May 17 at 7:30 p.m.

No tickets; \$5 suggested donation

#### **The Washington Balalaika Society**

SPRING CONCERT

Sunday, May 31 at 2 p.m.

Tickets: \$15 - \$25

#### **Home School Talent Cultural Arts**

STAND BACK.... DOORS CLOSING

March 27 & March 28

PRINCESS WHATSERNAME

April 10 & 11

JULIUS CAESAR

April 10 & 11

A PIRATE'S LIFE FOR ME!

April 17 & 18

SINGING IN THE RAIN

April 17 & 18

For Tickets: 301-294-0520

Box Office open Tues. - Sat., 2-7 p.m. and  
two hours prior to ticketed shows.

[www.rockvillemd.gov/theatre](http://www.rockvillemd.gov/theatre)

# Financial Assistance

## Rockville Youth Recreation Fund

### Ages 18 and younger

A limited amount of scholarships for program fees are available for **residents of the City of Rockville**. The participant must pay \$15 toward each program fee, unless otherwise specified. The Fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

## Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- ✓ **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- ✓ **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- ✓ **Proof of Rental Assistance** - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- ✓ **Supplemental Security Income** - Document must be dated within one year of application.

## How to Online

**24 hours a day/7 days a week**

**Rock Enroll is our online registration for recreation programs.**

- A family account must be set up in advance to register online.
- Go to [rockenroll.rockvillemd.gov](http://rockenroll.rockvillemd.gov) and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

## Donate to the People-Helping-People



### Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation).

#### Online Donation Course #s

\$ 25 - #46993

\$ 50 - #46994

\$ 75 - #46995

\$100 - #46996

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks  
"Rockville Youth Recreation Fund Donation"  
111 Maryland Avenue, Rockville, MD 20850



## Frequently Used Program Facilities and Parks

**Beall ES**, 451 Beall Ave. 20850

**Broome Gym and Park**, 751 Twinbrook Pkwy. 20851

**Calvin Park**, 1248 Gladstone Dr. 20851

**City Hall**, 111 Maryland Ave. 20850

**Civic Ctr. Park**, 603 Edmonston Dr. 20851

- F. Scott Fitzgerald Theatre • Social Hall
- Glenview Mansion • Croydon Creek Nature Center
- Cottage • Rec. Serv. Bldg.

**College Gardens ES**, 1700 Yale Pl. 20850

**College Gardens Park**, 615 College Pkwy. 20850

**Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851

**David Scull Park**, 1131 First St. 20850

**Dogwood Park**, 800 Monroe St. 20850

**Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852

**Fallsmead ES**, 1800 Greenplace Ter. 20854

**Hillcrest Park**, 1150 Crawford Dr. 20850

**Julius West MS**, 651 Falls Rd. 20850

**Kicks Karate**, 800 Pleasant Dr., Suite #140, 20850

**King Farm Park**, 401 Watkins Pond Blvd. 20850

**Lakewood ES**, 2534 Lindley Ter. 20850

**Lincoln Park Com. Ctr.**, 357 Frederick Ave. 20850

**Mark Twain Park**, 14501 Avery Rd. 20853

**Maryvale ES/Park**, 1000 First St. 20850

**Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850

**Meadow Hall ES**, 951 Twinbrook Pkwy. 20851

**Montrose Com. Ctr.**, 451 Congressional Ln. 20852

**Monument Park**, 550 Maryland Ave. 20850

**Potomac Woods Park**, 2276 Dunster Ln. 20854

**Pump House Com. Ctr.**, 401 S. Horners Ln. 20850

**RedGate Golf Course**, 14500 Avery Rd. 20853

**Richard Montgomery HS**

250 Richard Montgomery Dr. 20850

**Ritchie Park ES**, 1514 Dunster Rd. 20854

**Robert Frost MS**, 9201 Scott Dr. 20850

**Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851

**Rock Terrace School**, 390 Martins Ln. 20850

**Rockville Skate Park (at Welsh Park)**,  
355 Martins Ln. 20850

**Rockville Fencing Academy**, 15221 Display Ct. 20850

**Rockville Senior Ctr.**, 1150 Carnation Dr. 20850

**Rockville Swim and Fitness Center**

355 Martins Ln. 20850

**Rockville Town Square** (for directions use)  
200 E. Middle Ln. 20850.

**The Little Gym**, 1071 Seven Locks Rd. 20854

**The School of Music**, 1331 Rockville Pk. 20850

**Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850

**Thrive Yoga**, 1321-B Rockville Pk. 20852

**Twinbrook ES**, 5911 Ridgway Ave. 20851

**Twinbrook Com. Rec. Ctr.**

12920 Twinbrook Pkwy. 20851

**Welsh Park**, 344 Martins Ln. 20850

**Woodley Gardens Park**, 900 Nelson St. 20850



Bridget Donnell Newton, Mayor

**Councilmembers**

Beryl L. Feinberg, Tom Moore  
Virginia D. Onley and Julie Palakovich Carr

Barbara B. Matthews, City Manager  
Tim Chesnutt, Director of Recreation and Parks  
Terri Hilton, Acting Superintendent of Recreation  
Steve Mader, Superintendent of Parks and Facilities

## Satisfaction Guarantee

The City is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

## Help Send A Kid to Camp!



## Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the City's parks and facilities.



### Please send your tax deductible gift to:

107 W. Jefferson St.,  
Rockville, MD 20850  
[www.rrpfi.org](http://www.rrpfi.org) • 240-314-8867

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

This gift in in honor / memory of:

\_\_\_\_\_



## Inclement Weather Policy

[www.rockvillemd.gov/weather](http://www.rockvillemd.gov/weather)

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a City program, meeting or facility, every attempt is made to maintain standard operations throughout the City.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

### Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

### Swim and Fitness Center

Students can check the Swim and Fitness Center website at [rockvillemd.gov](http://rockvillemd.gov) (click on the "Living In" link) and register for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

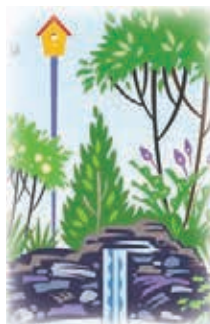


Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

**REGISTER EARLY!**

## Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips .....	240-314-8620
Croydon Creek Nature Center .....	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center .....	240-314-5047
Lincoln Park Community Center.....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals .....	240-314-8660
Recreation and Parks Administration .....	240-314-8600
RedGate Golf Course .....	240-406-1650
Rockville Skate Park .....	240-314-8620
Rockville Civic Center Park:	
Art Gallery .....	240-314-8682
Glenview Mansion .....	240-314-8660
F. Scott Fitzgerald Theatre Box Office .....	240-314-8690
Rockville Swim and Fitness Center .....	240-314-8750
Rockville Senior Center .....	240-314-8800
Special Events Line (Info. Line) .....	240-314-5022
Sports Line (Info. Line) .....	240-314-5055
Thomas Farm Community Center .....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall) .....	240-314-8137



## Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.



**MAIN CONTACT:** \*required information\*Primary Phone: \_\_\_\_\_ ☐ Check here if new address/phone since last time registered.

\*Last Name \_\_\_\_\_ \*First Name \_\_\_\_\_ DOB: / / Sex: M/F

\*Address: \_\_\_\_\_

\*City/State/Zip \_\_\_\_\_

\*Secondary Phone \_\_\_\_\_ \*Email Address: \_\_\_\_\_

**EMERGENCY CONTACT:** (other than parent or adult participant)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Phone \_\_\_\_\_

**PARTICIPANTS:**

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch. Yr. '14-'15 Grade	Fee

Rec Fund: \$ \_\_\_\_\_ Sr. Ctr. Mem: \$ \_\_\_\_\_ Multi-Course Discount: \$ \_\_\_\_\_

\$5 \_\_\_\_\_ \$10 \_\_\_\_\_ \$20 \_\_\_\_\_ Contribution to Recreation Fund: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Special Needs: Participants with special needs should contact our office three weeks prior to activity.

**Release, Waiver, Assumption of Risk and Consent**

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

\*Signature of Participant/Guardian \_\_\_\_\_

**PAYMENT**Amount Paid \$ \_\_\_\_\_ Cash ☐ Check # \_\_\_\_\_

Exp. Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Signature (name on card) \_\_\_\_\_

**OFFICE USE ONLY:**

Check \_\_\_\_\_ Cash \_\_\_\_\_ Charge \_\_\_\_\_

Other \_\_\_\_\_

Processed by: \_\_\_\_\_

Date Processed: \_\_\_\_\_

Total Paid: \$ \_\_\_\_\_

**CONTACTO PRINCIPAL: \*información obligatoria**

\*Teléfono fijo: \_\_\_\_\_

☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

\*Apellido \_\_\_\_\_ \*Nombre \_\_\_\_\_ Fecha de nacimiento: / / Sexo: M/F

\*Dirección: \_\_\_\_\_

\*Ciudad/Estado/Código postal \_\_\_\_\_

\*Teléfono del trabajo \_\_\_\_\_ \* Dirección de correo electrónico: \_\_\_\_\_

**CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)**

\*Teléfono fijo segundario: \_\_\_\_\_ Apellido \_\_\_\_\_ Teléfono \_\_\_\_\_

**PARTICIPANTES:**

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '14-'15 Grado	Tarifa

Fondo de rec.: \$ \_\_\_\_\_ Miembro de hogar de ancianos: \$ \_\_\_\_\_ Descuento por asistencia a varios cursos: \$ \_\_\_\_\_

Contribución adicional al Fondo de recreación: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

**Necesidades especiales:** Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.**Descargo y exención de responsabilidad, asunción de riesgos y consentimiento**

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

\*Firma del participante/tutor  \_\_\_\_\_**PAGO**Importe pagado \$ \_\_\_\_\_ Efectivo ☐ Cheque N.º \_\_\_\_\_

Vencimiento Fecha \_\_\_\_/\_\_\_\_/\_\_\_\_

Firma (nombre que aparece en la tarjeta) \_\_\_\_\_

**SÓLO PARA USO DE LA OFICINA:**

Cheque \_\_\_\_\_ Efectivo \_\_\_\_\_ Cargo \_\_\_\_\_

Otro \_\_\_\_\_

Procesado por:

Fecha de procesamiento:

Total pagado: \$ \_\_\_\_\_

# Four Easy Ways to Register!

## Registration Begins:

- Tuesday, March 17, 8:30 a.m. by mail, fax, walk-in, online.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be cancelled if registration is insufficient. If a program is cancelled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

## Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

## Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration.



**Most convenient method.  
7 days a week.**

## 1. Online:

- [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
click on Rock Enroll Registration under "Quick Links"

## 2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

## 3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks  
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center  
355 Martins Lane 20850
- Rockville Senior Center  
1150 Carnation Drive 20850
- Croydon Creek Nature Center  
852 Avery Road 20851
- Lincoln Park Community Center  
357 Frederick Avenue 20850
- Thomas Farm Community Center  
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center  
12920 Twinbrook Parkway 20851

## 4. Walk-In:

- All locations listed above accept walk-ins.  
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone  
for quick access to  
our website.



City of Rockville  
111 Maryland Avenue  
Rockville, Maryland 20850-2364

ECR WSS  
Residential Customer

PRESORTED  
STANDARD  
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Rockville, MD  
Permit No. 63

HOSTED BY CITY OF ROCKVILLE MAYOR AND COUNCIL

**SATURDAY, MAY 23-**  
**MONDAY, MAY 25**  
**ROCKVILLE TOWN CENTER**



MEMORIAL DAY WEEKEND

**HOMETOWN  
HOLIDAYS  
MUSIC FEST**

**HTH**

240-314-8620  
[WWW.ROCKVILLEMD.GOV/HTH](http://WWW.ROCKVILLEMD.GOV/HTH)

#HTH15  
#HometownHolidays



City of  
**Rockville**  
Get Into It